



# Mississauga Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Beginner/Yellow (Ages &lt; 12)</b> 5:00 - 5:45pm		<b>Beginner/Yellow (Ages &lt; 12)</b> 5:00 - 5:45pm		Closed	<b>Beginner (all ages)</b> 9:30 - 10:15am	Closed
<b>Beginner/Yellow (Ages 12+)</b> 6:00 - 6:45pm	<b>Green (Ages 15+)</b> 6:00 - 7:35pm	<b>Beginner/Yellow (Ages 12+)</b> 6:00 - 6:45pm	<b>Green (Ages 15+)</b> 6:00 - 7:35pm		<b>Wing Chun (Adults)</b> 10:30 - 11:45am	
<b>Colored/Red (Ages &lt;12)</b> 7:00 - 8:00pm	<b>Wing Chun (Adults)</b> 7:45 - 9:00pm	<b>Colored/Red (Ages &lt;12)</b> 7:00 - 8:00pm	<b>Wing Chun (Adults)</b> 7:45 - 9:00pm		<b>Green (Ages 15+)</b> 12:00 - 1:30pm	

# Markham Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Closed	Closed	Closed	Closed	Closed	Closed	<b>Beginner (all ages)</b> 4:00 - 5:30pm
						<b>Intermediate (all ages)</b> 5:30 - 7:00pm

\*All Times Subject to change

Please be advised that due to social distancing restriction measures, there is a current limit of 10 students per class.

Our classes are run upon sign up in a first come first serve basis.

Please contact our coaches or staff to sign up for classes.

# Scarborough Schedule



Home to:



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Afterschool Program 4:00 – 4:45	Afterschool Program 4:00 – 4:45	Afterschool Program 4:00 – 4:45	Afterschool Program 4:00 – 4:45	Afterschool Program 4:00 – 4:45	Pulse Intermediate 10:00am – 10:45am	Pulse Performance Competitive Wushu 10:00 – 1:00pm
Tiny Tiger/Panda 5:00 - 5:30	Pulse Intermediate 4:45 - 5:30	Tiny Tiger/Panda 5:00 - 5:30	Pulse Intro 4:45 - 5:30	Tiny Tiger/Panda 5:00 - 5:30	Pulse Advance 10:45am – 11:30am	Teen/Adult 1:00pm–2:00pm
Pulse Intermediate 5:30 - 6:15	Pulse Intro 5:30 - 6:15	Pulse Advance 5:30 - 6:15	Pulse Intermediate 5:30 - 6:15	Pulse Intro 5:30 – 6:15	Combat/Sparring 10:45am – 11:30pm	Pulse Intro 1:00pm–1:45pm
Pulse Intro 6:15 – 7:00	Pulse Advance 6:15 – 7:00	Combat/Sparring 6:15 – 7:15	Pulse Advance 6:15 – 7:00	Combat/Sparring 6:15 – 7:15	Teen/Adult 11:30am – 12:30pm	Competitive Sanda 2:00pm – 3:30pm
Pulse Performance XMA/Acrobatcs 7:00 – 8:00	Pulse Performance Competitive Wushu 7:00 – 9:30	Pulse Performance XMA/Acrobatcs 7:15 – 8:15	Combat/Sparring 7:00 – 8:00	Pulse Performance XMA/Acrobatcs 7:15 – 8:15	Wing Chun Open Training 12:30 – 2:00pm	Wing Chun Class Session 2:00pm – 3:30pm
Teen/Adult 8:00 – 9:00		Teen/Adult 8:00 – 9:00	Wing Chun Open Training 8:00 – 9:30	Pulse Performance Competitive Wushu 7:15 – 9:30		

**Tiny Tiger/Panda:** Martial Arts for student ages U-6  
White-Yellow Stripe-Orange Stripe-Green Stripe- Black Stripe

**Teen/Adult:** Martial Arts for student ages 13+  
Including Wing Chun Kung Fu

**Children:** Martial Arts for student ages 6+  
**Pulse Intro:** White –Yellow Stripe –Yellow  
**Pulse Intermediate:** Orange – Green–Purple  
**Pulse Advance:** Blue –Brown–Red– Red Black Stripe

**Combat/Sparring:**  
 Must be enrolled in **Pulse Combat Program** to attend

**Extreme Martial Arts, Competitive Wushu and Acrobatics:** Must enroll in **Pulse Performance Program** to attend

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