



# Master Milad Bahrami's ENDURANCE TAEKWONDO

Mind • Body • Spirit

Class Schedule: ENDURANCE TAEKWONDO - BURNABY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>3:00PM - 6:00PM</b> After School Program	<b>3:00PM - 6:00PM</b> After School Program	<b>3:00PM - 6:00PM</b> After School Program	<b>3:00PM - 6:00PM</b> After School Program	<b>3:00PM - 6:00PM</b> After School Program	<b>9:45AM - 10:30AM</b> Little Ninjas White - Orange
<b>3:45PM - 4:30PM</b> Tigers White - Orange	<b>3:45PM - 4:30PM</b> Tigers White - Orange	<b>3:45PM - 4:30PM</b> Tigers White - Orange	<b>3:45PM - 4:30PM</b> Tigers White - Orange	<b>3:45PM - 4:30PM</b> Make Up Class	<b>10:30AM - 11:15AM</b> Little Ninjas White - Orange
<b>4:30PM - 5:20PM</b> Youth Beginner White - Yellow	<b>4:30PM - 5:20PM</b> Youth Intermediate Orange - Blue	<b>4:30PM - 5:20PM</b> Youth Beginner White - Yellow	<b>4:30PM - 5:20PM</b> Youth Intermediate Orange - Blue	<b>4:30PM - 5:15PM</b> Little Ninjas White - Orange	<b>11:15AM - 12:05PM</b> Youth #1: White - Orange
<b>5:20PM - 6:10PM</b> Youth Intermediate Orange - Blue	<b>5:20PM - 6:10PM</b> Youth Beginner White - Yellow	<b>5:20PM - 6:10PM</b> Youth Intermediate Orange - Blue	<b>5:20PM - 6:10PM</b> Youth Beginner White - Yellow	<b>5:15PM - 6:00PM</b> Little Ninjas White - Orange	<b>12:05PM - 12:55PM</b> Youth #2: Green & Up
<b>6:10PM - 7:00PM</b> Youth Advanced Purple-Brown	<b>6:10PM - 7:00PM</b> Youth Advanced Purple-Brown	<b>6:10PM - 7:00PM</b> Youth Advanced Purple-Brown	<b>6:10PM - 7:00PM</b> Youth Advanced Purple-Brown	<b>6:00PM - 6:50PM</b> Youth #1: White - Orange	<b>1:00PM - 2:00PM</b> Leadership Club
<b>7:00PM - 7:50PM</b> Youth Elite: Black Stripe-Black	<b>7:00PM - 7:50PM</b> Youth Elite: Black Stripe-Black	<b>7:00PM - 7:50PM</b> Youth Elite: Black Stripe-Black	<b>7:00PM - 7:50PM</b> Youth Elite: Black Stripe-Black	<b>6:50PM - 7:40PM</b> Youth #2: Green & Up	<b>2:00PM - 3:00PM</b> Black Belt Club
<b>7:50 PM - 8:50 PM</b> Teens & Adults (All Belts)	<b>7:50 PM - 8:50 PM</b> Teens & Adults (All Belts)	<b>7:50 PM - 8:50 PM</b> Teens & Adults (All Belts)	<b>7:50 PM - 8:50 PM</b> Teens & Adults (All Belts)	<b>7:40PM - 8:40PM</b> Teens & Adults (All Belts)	<b>3:00PM - 4:00PM</b> Olympic Sparring Club
					<b>3:00PM - 4:00PM</b> Patterns Club

*\*Make-up Class  
For 2x week Students to  
make-up a class they  
missed that week  
(by appointment)*

- **Little Ninjas:** Ages 4 - 6 (1x/week)
- **Tigers:** Ages 5 - 7 (2x/week, Beginners)
- **Youth:** Ages 7 - 12
- **Teens:** Ages 12 - 15 (2x/week)
- **Teens & Adults:** Ages 15 & over (2x/week)
- **Teens & Adults Advanced:** Ages 15 & over (2x/week)
- **All Clubs:** By invitation - speak with an instructor for more information.

Are you new to Martial Arts? Call us today for your **FREE Introductory Class!**