



2025 Dojo Class Schedule

**SUBJECT TO CHANGE WITHOUT NOTICE.
REFER TO HOLIDAY DOJO CLOSURES BELOW.**

MONDAY

- 5:00 - 5:45 PM** Little Warriors
- 5:00 - 6:00 PM** Muay Thai (Youth)
- 6:00 - 7:00 PM** Boxing (All Ages)
- 7:00 - 8:00 PM** Muay Thai (Adult)
- 8:00 - 9:00 PM** Striking / Sparring (Adult)

TUESDAY

- 5:00 - 6:00 PM** Karate (Youth)
- 5:00 - 6:00 PM** BJJ (Youth)
- 6:00 - 7:00 PM** Karate (All Ages)
- 6:00 - 7:00 PM** MMA Fundamentals
- 7:00 - 8:30 PM** BJJ (Adult)

WEDNESDAY

- 5:00 - 5:45 PM** Little Warriors
- 5:00 - 6:00 PM** Muay Thai (Youth)
- 6:00 - 7:00 PM** Boxing (All Ages)
- 7:00 - 8:00 PM** Muay Thai (Adult)
- 8:00 - 9:00 PM** Striking / Sparring (Adult)

THURSDAY

- 5:00 - 6:00 PM** Karate (Youth)
- 5:00 - 6:00 PM** BJJ (Youth)
- 6:00 - 7:00 PM** Karate (All Ages)
- 6:00 - 7:00 PM** MMA Fundamentals
- 7:00 - 8:30 PM** BJJ (Adult)

FRIDAY

- 5:00 - 6:00 PM** Muay Thai (All Ages)
- 5:30 - 6:15 PM** Little Warriors
- 6:00 - 7:00 PM** Boxing
- 7:00 - 9:00 PM** Comp. Team Training

SATURDAY

- 10:00 - 11:00 AM** Muay Thai (Adult)
- 11:00 - 12:00 PM** Karate (All Ages)
- 11:00 - 12:00 PM** Muay Thai (Youth)
- 12:00 - 1:00 PM** Boxing (All Ages)
- 12:00 - 12:45 PM** Little Warriors

SUNDAY



- 1:00 - 2:30 PM** Kung Fu (All Ages)



2025 Dojo Closure Schedule

APRIL 18 - 21

EASTER

Regular scheduled classes will resume
Tuesday, April 22nd

MAY 17 - 19

VICTORIA DAY

Regular scheduled classes will resume
Tuesday, May 20th

JULY 01

CANADA DAY

Regular scheduled classes will resume
Wednesday, July 2nd

AUGUST 02 - 04

CIVIC HOLIDAY

Regular scheduled classes will resume
Tuesday, August 5th

AUGUST 30 - SEPTEMBER 01

LABOUR DAY

Regular scheduled classes will resume
Tuesday, September 2nd

OCTOBER 11 - 13

THANKSGIVING

Regular scheduled classes will resume
Tuesday, October 14th

NOVEMBER 11

**REMEMBRANCE
DAY**

Regular scheduled classes will resume
Wednesday, November 12th

DECEMBER 24 - 28

CHRISTMAS

Regular scheduled classes will resume
Monday, December 29th



Dojo Etiquette Rules

Little Warriors

- **Class is Unparented** (No Parents on the Mats)
- **Spectators are Permitted** (Unless Advised Otherwise)
- **No Video Recording/Photography** (Unless Permitted by Coach, Front Desk & Students Involved)
- **Element Uniforms Are Mandatory**

Youth / Adult

- **No Spectators Allowed** (Unless Permitted By Element Management)
- **No Inappropriate/Offensive Language**
- **No Video Recording/Photography** (Unless Permitted by Coach, Front Desk & Students Involved)
- **Element Uniforms Are Mandatory**
- **Students Must Purchase Their Own Training Gear** (Loaners for trials only).

Sparring

- **No Spectators Allowed**
- **No Video Recording/Photography** (Unless Permitted by Coach, Front Desk & Students Involved)
- **No Inappropriate/Offensive Language**
- **16oz Gloves For Adults**
- **14oz Gloves For Youth**
- **Mouth Guard**
- **Cup Protection**
- **Minimum 2 Additional Technique Based Classes** (Per Week to Attend)
- **Power Used at Coach's Discretion**
- **Gear Mandatory**
- **Element Uniforms Are Mandatory**

**Failure to Follow These Rules May Result in
Removal from Class and/or Dojo Indefinitely.**