



4 ELEMENTS

TAEKWONDO / MARTIAL ARTS / FITNESS STUDIO

Tigers: Ages 4 - 6

Youth: Ages 7 - 13

Teens: Under 21 years

Adults: 21 years & Up

Jiu-Jitsu: 16 years & Up

Tigers: All Belts

Beginner: White - Orange

Intermediate: Green - Purple

Advanced: Red & Brown

Black Belt Club: Black Str. & Black

Class Schedule | Effective August 1st

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30PM - 4:15PM After School Program	3:30PM - 4:15PM After School Program	3:30PM - 4:15PM After School Program	3:30PM - 4:15PM After School Program	3:30PM - 4:15PM After School Program	10:00AM - 10:50AM Make-Up Class
4:15PM - 5:00PM Tigers	4:15PM - 5:00PM Tigers	4:15PM - 5:00PM Tigers	4:15PM - 5:00PM Tigers	4:15PM - 5:00PM Leadership	Mat 2 10:30AM - 11:30AM Jiu-Jitsu(Fundamentals)
5:00PM - 5:50PM Youth Beginner	5:00PM - 5:45PM Youth Intermediate	5:00PM - 5:45PM Youth Beginner	5:00PM - 5:45PM Youth Intermediate	5:00PM - 5:45PM Tigers	10:50AM - 11:35AM Tigers
5:50PM - 6:40PM Youth Intermediate	5:45PM - 6:30PM Youth Beginner	5:45PM - 6:30PM Youth Intermediate	5:45PM - 6:30PM Youth Beginner	5:45PM - 6:35PM All Youth	Mat 2 11:30AM - 12:30PM Jiu-Jitsu (All Levels)
6:40PM - 7:30PM Youth Advanced	6:30PM - 7:15PM Youth Advanced	6:30PM - 7:15PM Youth Advanced	6:30PM - 7:15PM Youth Advanced	6:40PM - 7:40PM Sparring	11:35AM - 12:20PM All Youth
7:30PM - 8:30PM Teens/Adults	Mat 2 6:30PM - 7:30PM Jiu-Jitsu (All Levels)	7:15PM - 8:00PM Black Belt Club	7:15PM - 8:00PM Black Belt Club	7:40PM - 8:40PM Teens/Adults	12:20PM - 1:05PM All Youth 2
	7:15PM - 8:00PM Black Belt Club	8:00PM - 9:00PM Teens/Adults	8:00PM - 9:00PM Teens/Adults		
	8:00PM - 9:00PM Teens/Adults				



All Programs require minimum TWICE weekly training, except for the Jiu-Jitsu and Tigers Program (Ages 4-6)

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

#H-110, 805 Boyd St, New Westminster BC, V5M 5X2

604-520-3314

info@4elementsma.com

www.4elementsma.com