



Toronto Judo Kai Class Schedule - 416-829-7538

www.torontojudokai.com



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | | |
|--|--|--|--|--|----------|--|---|--|--|
| 6:00 - 7:30 AM High Performance (selected 14 yrs & up) | | 6:00 - 7:30 AM High Performance (selected 14 yrs & up) | | | | | | | |
| | <div style="border: 1px solid black; padding: 5px;"> <ul style="list-style-type: none"> Little Lions (6 years and up) Recreational Kids (7 years and up) Adult Recreational Youth Development (selected athletes only, 8-14 years) High Performance (selected athletes only, 14 years and up) </div> | | | | | 10:00 - 11:30 AM High Performance (selected 14 yrs & up) | | | |
| | | | | | | | | 11:30 - 12:30 AM Youth Development (selected 8 - 14 yrs) | |
| | | | | | | | | 12:30 - 1:30 AM Adults & Kids Recreational (7 yrs & up) | |
| | | | | 5:45 - 6:30 PM Little Lions (6 yrs and under) | | 5:45 - 6:30 PM Little Lions (6 yrs and under) | 5:45 - 6:30 PM Little Lions (6 yrs and under) | | |
| 6:30 - 7:30 PM Recreational Kids (7 yrs & up) | 6:30 - 7:30 AM Youth Development (selected 8 - 14 yrs) | 6:30 - 7:30 PM Recreational Kids (7 yrs & up) | 6:30 - 7:30 AM Youth Development (selected 8 - 14 yrs) | 6:30 - 7:30 PM Adults & Kids Recreational (7 yrs & up) | | | | | |
| 7:30 - 8:30 PM Adults Recreational | | 7:30 - 8:30 PM Adults Recreational | | 7:30 - 8:30 PM High Performance (selected 14 yrs & up) | | | | | |
| | 7:30 - 9:30 PM High Performance (selected 14 yrs & up) | | 7:30 - 9:30 PM High Performance (selected 14 yrs & up) | | | | | | |

*Private classes are available for all skill levels upon request.

January 3, 2019