



Shore's Academy of Martial Arts

2486 Dufferin Street, Toronto M6B 3R1 (416-787-3600)

CLASS SCHEDULE:

Monday:	5:30 – 6:15 pm	TKD – Beginners	Kids
	6:15 – 7:00 pm	TKD – Beginners	Kids
	7:00 – 7:45 pm	TKD – Intermediate	All Ages
	7:45 – 8:30 pm	TKD – Advanced	All Ages
Tuesday:	5:30 – 6:15 pm	TKD – Beginners	Kids
	6:15 – 7:00 pm	TKD – Beginners	Kids
	7:00 – 7:45 pm	TKD – Intermediate & Advanced	All Ages
	7:45 – 8:30 pm	TKD – Red & Black Belts Only.	All Ages
Wednesday:	5:30 – 6:15 pm	TKD – Beginners	Kids
	6:15 – 7:00 pm	TKD – Beginners	Kids
	7:00 – 7:45 pm	TKD – Intermediate	All Ages
	7:45 – 8:30 pm	TKD – Advanced	All Ages
Thursday:	5:30 – 6:15 pm	TKD – Beginners	Kids
	6:15 – 7:00 pm	TKD – Beginners	Kids
	7:00 – 7:45 pm	TKD – Intermediate	All Ages
	7:45 – 8:30 pm	TKD - Advanced	All Ages
Friday:	5:30 – 6:15 pm	TKD – Beginners	Kids
	6:15 – 7:00 pm	TKD – Beginners	Kids
	7:00 – 7:45 pm	TKD – Intermediate	All Ages
	7:45 – 8:30 pm	TKD - Advanced	All Ages
Saturday:	10:00 am – 11:00 am	TKD – All Levels (Open Mat)	All Ages

The BJJ classes for kids & teenagers are an “extra program.”

The BJJ (Brazilian Jiu-Jitsu) classes include grappling, submission wrestling & weapons defense. Please refer to the “Body of Four” schedule for class times & dates and see management for details & fees.

The Academy is closed for all Statutory Holidays. Advance notice is given on closings for all Winter & Summer holidays, as well as for tournaments and/or seminars. (www.shoresacademy.ca)