



SAMURAI SPIRIT

MARTIAL ARTS

WEEKLY SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	GI ADULTS 15+ (ALL LEVELS)		GI ADULTS 15+ (ALL LEVELS)		GI ADULTS 15+ (ALL LEVELS)	PRIVATE SESSIONS
07:00 AM - 03:00 PM	PRIVATE SESSIONS	PRIVATE SESSIONS	PRIVATE SESSIONS	PRIVATE SESSIONS	PRIVATE SESSIONS	
3:00PM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	9:30AM LITTLE SAMURAI (3-7 YEARS)
4:00PM	LITTLE SAMURAI (3-7 YEARS)	JUNIORS AND TEENS (8-14 YEARS)	LITTLE SAMURAI (3-7 YEARS)	JUNIORS AND TEENS (8-14 YEARS)	NOGI LITTLE SAMURAI (3-7 YEARS)	10:15AM LITTLE SAMURAI (3-7 YEARS)
4:45PM	LITTLE SAMURAI (3-7 YEARS)	LITTLE SAMURAI (3-7 YEARS)	LITTLE SAMURAI (3-7 YEARS)	LITTLE SAMURAI (3-7 YEARS)	NOGI LITTLE SAMURAI (3-7 YEARS)	
5:30PM	JUNIORS AND TEENS (8-14 YEARS)	LITTLE SAMURAI (3-7 YEARS)	JUNIORS AND TEENS (8-14 YEARS)	LITTLE SAMURAI (3-7 YEARS)	NOGI JUNIORS AND TEENS (8-14 YEARS)	11:00AM JUNIORS AND TEENS (8-14 YEARS)
6:30PM	GI ADULTS 15+ (ALL LEVELS)	NOGI ADULTS 15+ ALL LEVELS	GI ADULTS 15+ (ALL LEVELS)	NOGI ADULTS 15+ ALL LEVELS	GI ADULTS 15+ (ALL LEVELS)	12:00PM GI ADULTS 15+ (ALL LEVELS)
7:30PM	LIVE TRAINING	LIVE TRAINING	ADULTS KICKBOXING	LIVE TRAINING	LIVE TRAINING	



JIU JITSU
FOR ALL AGES



KICKBOXING
FOR FITNESS & CONFIDENCE



DISCIPLINE
FOCUS & RESPECT



COMMUNITY
JOIN THE FAMILY



3014 EDMONTON BOULEVARD, NORTH VANCOUVER, BC



INFO@SAMURAISPIRIT.CA



SAMURAISPIRIT.CA