

## NEWS & UPCOMING EVENTS

### SCHOOL RESUME ON JAN 5

### SCHOOL CLOSURE ON FEB 16 - FAMILY DAY

### FRIENDS & FAMILY WEEK: FEB 2-7

Share the experience ! Family and friends are welcome to come and try a free week of martial arts. Learn some basic strikes and kicks and a little bit of self defense in a fun and safe environment.

### PARENTS NIGHT OUT: FEB 6 @ 6:30PM

Games Night is back!. Parents, need a night out? Send your kids ages 5 and up to us for 3 hours of fun, food and prizes . For more details inquire the office.

### SPARRING WEEK: JAN 26-31/MAR 2-7

All students bring your gear (yellow belts and above, mandatory)  
\*All sparring gear must be purchased through Red Tiger for insurance purposes.

### BELT TESTING: FEB 28 @ 1:00PM

Students should arrive 15-30 mins before testing with their full uniform and registration form. Family members and guests are encouraged to come and watch this excellent demonstration of new skills and talents.

## JANUARY 2026 THEME: STRIVE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## FEBRUARY 2026 THEME: SKILLFUL

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

☒ Closed ☐ Event



Happy  
New Year  
2026



## WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-10:45AM						TIGERS Ages 6-8
11:00-11:45AM						TIGERS Ages 9-12
12:00-1:00PM						FOUNDATIONS Ages 13+
4:00-4:30PM	PRIVATE	LESSONS	AVAILABLE	CALL	(604)726 5425	
4:30-5:15PM	TIGERS Ages 5-7	TIGERS Ages 5-7	TIGERS Ages 5-7	TIGERS Ages 5-7	TIGERS Ages 5-8	
5:15-6:00PM	TIGERS Ages 7-10	TIGERS Ages 7-10	TIGERS Ages 7-10	TIGERS Ages 7-10	TIGERS Ages 9-12	
6:00-6:45PM	FOUNDATIONS Ages 10-12	FOUNDATIONS Ages 10-12	FOUNDATIONS Ages 10-12	FOUNDATIONS Ages 10-12		
6:00-7:00PM					LEADERSHIP	
6:45-7:45PM	FOUNDATIONS Ages 12-16	FOUNDATIONS Ages 12-16	FOUNDATIONS Ages 12-16	FOUNDATIONS Ages 12-16		
7:00-8:00PM					FOUNDATIONS Ages 16+	
7:45-8:45PM	FOUNDATIONS Ages 16+	FOUNDATIONS Ages 16+	FOUNDATIONS Ages 16+	FOUNDATIONS Ages 16+		