



**SEALY**

**KARATE SCHOOLS**

"STRENGTH IS IN UNITY"

10 Speedvale Ave. E, Unit G  
 Guelph, ON N1H 1J3  
 519-821-KICK (5425)  
 email: sealykarate@sealykarate.ca  
**sealykarate.ca**

**\*\*Note: The third Thursday of each month is belt grading, no regular classes after 4:30.  
 Staff meeting at 4:30, AAA BBM workout at 5:30, Tutorial at 6:15, Grading at 7:00.**

## Sealy Karate Schedule

| Effective Sept. 7, 2010      | (A)<br>MONDAY | (A)<br>TUESDAY | (B)<br>WEDNESDAY | (B)<br>THURSDAY | (B)<br>FRIDAY           | (A)<br>SATURDAY |
|------------------------------|---------------|----------------|------------------|-----------------|-------------------------|-----------------|
| Takeo Tigers                 |               |                |                  | 4:00-4:30       | 6:00-6:30               | 10:30-11:00     |
| White Belts                  | 4:45-5:30     | 6:15-7:00      | 4:45-5:30        | 6:00-6:45       | 6:30-7:15               | 11:00-11:45     |
| Yellow Belts                 | 4:45-5:30     | 6:15-7:00      | 4:45-5:30        | 6:00-6:45       | 6:30-7:15               | 11:00-11:45     |
| Orange Belts                 | 4:45-5:30     | 6:15-7:00      | 4:45-5:30        | 6:00-6:45       | 6:30-7:15               | 11:00-11:45     |
| Green Belts                  | 6:30-7:15     | 4:45-5:30      | 6:45-7:30        | 4:30-5:15       | 5:15-6:00               | 11:45-12:30     |
| Green Advanced Belts         | 6:30-7:15     | 4:45-5:30      | 6:45-7:30        | 4:30-5:15       | 5:15-6:00               | 11:45-12:30     |
| Purple Belts                 | 6:30-7:15     | 4:45-5:30      | 6:45-7:30        | 4:30-5:15       | 5:15-6:00               | 11:45-12:30     |
| Blue Belts                   | 6:30-7:15     | 4:45-5:30      | 6:45-7:30        | 4:30-5:15       | 5:15-6:00               | 11:45-12:30     |
| Brown - Black Belts all ages | 5:30-6:30     | 7:00-8:00      | 5:30-6:45        | 6:45-8:00       | 4:00-5:15               | 9:30-10:30      |
| Adult Classes                | 12:00-1:00    | 8:00-9:00      | 12:00-1:00       | 8:00-9:00       | 12:00-1:00<br>A-B class | 9:30-10:30      |
|                              | 8:00-9:00     |                | 8:00-9:00        |                 | 4:00-5:15               |                 |
| BBM Class                    | 7:30-8:00     | 5:30-6:15      | 11:30-12:00      | 12:00-12:30     |                         |                 |
|                              |               |                | 7:30-8:00        | 5:15-6:00       |                         |                 |
| BBM Tutorial                 | 4:15-4:35     | 4:15-4:35      | 4:15-4:35        |                 |                         |                 |
|                              | 7:15-7:30     |                |                  |                 |                         |                 |
| Kickboxing                   |               |                |                  |                 | 7:15-8:30               |                 |

Self Defense Class - the 3rd Thursday each month, right after grading.

**\*\* 12:00 pm Monday class that falls on a Holiday will be held Tuesday's at 12:00pm.\*\***

This schedule is also available on our website:

**[www.sealykarate.ca](http://www.sealykarate.ca)**