

Sky Taekwondo North West
 Unit 101, 15379 Castle Downs Road
 Edmonton AB
 780.439.4391
www.skytaekwondo.ca



Effective from Monday, December 9, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Children B. (6 to 8 yrs) No Belt - White 4:45 – 5:30	Little Sky (4 to 5 yrs) No Belt - Red Stripe 4:30 - 5:00	Children B. (6 to 8 yrs) No Belt - White 4:45 – 5:30	Little Sky (4 to 5 yrs) No Belt - Red Stripe 4:30 - 5:00	Children B. (6 to 8 yrs) No Belt - White 4:45 – 5:30	Little Sky (4 to 5 yrs) No Belt - Red Stripe 10:35 - 11:05
Intermediate (6 to 8 yrs) Yellow - Blue 5:35 - 6:20	Children B. (6 to 8 yrs) No Belt - White 5:00 - 5:45	Intermediate (6 to 8 yrs) Yellow - Blue 5:35 - 6:20	Children B. (6 to 8 yrs) No Belt - White 5:00 - 5:45	Open I. A. (All Ages) Orange - Black 5:35 - 6:20	Open B. (All Ages) No Belt - White 11:10 - 11:55
Advanced (All ages) Purple - Black 6:25 - 7:10	Intermediate (9 to 12 yrs) Yellow - Blue 5:50 - 6:35	Advanced (All ages) Purple - Black 6:25 - 7:10	Intermediate (9 to 12 yrs) Yellow - Blue 5:50 - 6:35	Sparring Class Orange - Black 6:20 - 7:20	Open I. A. (All Ages) Yellow - Black 12:00 - 12:45
Open B. (9 to 12 yrs) No Belt - Yellow 7:15 - 8:00	Open B. (9 to 12 yrs) No Belt - Yellow 6:40 - 7:25	Open B. (9 to 12 yrs) No Belt - Yellow 7:15 - 8:00	Open B. (9 to 12 yrs) No Belt - Yellow 6:40 - 7:25	Open B. (All Ages) No Belt - Yellow 7:20 - 8:05	Private Class Birthday Party 🎉 Appointment
	Teen & Adult (13 & up) No Belt - Black 7:30 - 8:15		Teen & Adult (13 & up) No Belt - Black 7:30 - 8:15		

< No Belt – White – Yellow – Orange – Green – Blue – Purple – Brown – Red – Black Stripe (1,2,3,4) – Black >

Note:

1. B. (Beginner) / I. (Intermediate) / A. (Advanced)
2. Open Class means “No Age Barrier” Class but requires an assessment from a Master.
3. **Sky Athletic Training** focuses primarily on high-density cardio and sparring techniques - Sparring equipment is recommended.
4. Email skytkd.northedmonton@gmail.com for any class, and general concerns.
5. Email skytaekwondo.manager@gmail.com for membership questions