

Sky Taekwondo North West  
Unit 101, 15379 Castle Downs Road  
Edmonton AB  
780.982.1764  
[www.skytaekwondo.ca](http://www.skytaekwondo.ca)



Effective from Tuesday, September 8, 2026

| Monday                                                                | Tuesday                                                                  | Wednesday                                                          | Thursday                                                                 | Friday                                                          | Saturday                                                                   |
|-----------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------|
| Children B.<br>(6 to 8 yrs)<br><b>No Belt</b> - Yellow<br>4:30 – 5:15 | Little Sky<br>(4 to 5 yrs)<br><b>No Belt</b> - Red Stripe<br>4:30 - 5:00 | Intermediate<br>(6 to 8 yrs)<br>Orange - Blue<br>4:30 – 5:15       | Little Sky<br>(4 to 5 yrs)<br><b>No Belt</b> - Red Stripe<br>4:30 - 5:00 | Intermediate<br>(All Ages)<br>Orange - Blue<br>4:45 - 5:30      | Little Sky<br>(4 to 5 yrs)<br><b>No Belt</b> - Red Stripe<br>10:35 - 11:05 |
| Intermediate<br>(6 to 8 yrs)<br>Orange - Blue<br>5:15 - 6:00          | Children B.<br>(6 to 8 yrs)<br><b>No Belt</b> - Yellow<br>5:00 - 5:45    | Intermediate<br>(9 to 12 yrs)<br>Orange - Blue<br>5:15 - 6:00      | Children B.<br>(6 to 8 yrs)<br><b>No Belt</b> - Yellow<br>5:00 - 5:45    | Advanced<br>(Under 9 yrs)<br>Purple - Red<br>5:35 - 6:20        | Open B.<br>(All Ages)<br><b>No Belt</b> - Green<br>11:10 - 11:55           |
| Advanced<br>(Over 9 yrs)<br>Purple - Black<br>6:05 - 6:50             | Intermediate<br>(9 to 12 yrs)<br>Orange - Blue<br>5:50 - 6:35            | Advanced<br>(Over 9 yrs)<br>Purple - Black<br>6:05 - 6:50          | Intermediate<br>(9 to 12 yrs)<br>Orange - Blue<br>5:50 - 6:35            | Sparring Class<br>Orange - Black<br>6:20 - 7:20                 | Open I. A.<br>(All Ages)<br>Green - Black<br>12:00 - 12:45                 |
| Open B.<br>(9 to 12 yrs)<br><b>No Belt</b> - Orange<br>6:50 - 7:35    | Advanced<br>(Under 9 yrs)<br>Purple - Red<br>6:40 - 7:25                 | Open B.<br>(9 to 12 yrs)<br><b>No Belt</b> - Orange<br>6:50 - 7:35 | Open B.<br>(9 to 12 yrs)<br><b>No Belt</b> - Orange<br>6:40 - 7:25       | Open B.<br>(All Ages)<br><b>No Belt</b> - Orange<br>7:25 - 8:10 | Private Class<br>Birthday Party<br>Appointment                             |
|                                                                       | Teen & Adult<br>(13 & up)<br><b>No Belt</b> - Black<br>7:30 - 8:15       | Elite Class<br>(All ages)<br>B. Stripe - Black<br>7:40 - 8:25      | Teen & Adult<br>(13 & up)<br><b>No Belt</b> - Black<br>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](mailto:skytkd.northedmonton@gmail.com) for any class, and general concerns.
5. Email [skytaekwondo.manager@gmail.com](mailto:skytaekwondo.manager@gmail.com) for membership questions