

Students should arrive 10 minutes prior to class to prepare for their lesson.

- Students attend only those classes designed for their age, rank and program unless Instructor's permission has been received.
- Private Lessons please contact the front desk for bookings.
- Schedule may change from time to time to better suit student requirements.

Schedule effective 2025



Tiger's Eye Karate-Do

KARATE CLASS SCHEDULE FOR 291 PEMBERTON AVE NORTH VANCOUVER

Beginner classes	AGE	MON	TUE	WED	THU	FRI	SAT	SUN
Tiny Tiger	3 to 5	4:00 PM Room B	4:00 PM Room B	4:00 PM Room B	4:00 PM Room B	4:00 PM Room B	10:00 AM Room B	
Junior Beginner	6 to 8	4:00 PM Room A		4:00 PM Room A		4:00 PM Room A	10:00 AM Room A	
Junior Beginner	6 to 8	5:00 PM Room B	5:00 PM Room B	5:00 PM Room B	5:00 PM Room B	5:00 PM Room B	10:00 AM Room A	
Junior Beginner	9 to 12	5:00 PM Room B	5:00 PM Room B	5:00 PM Room B	5:00 PM Room B	5:00 PM Room B	9:00 AM	

KARATE CLASS SCHUDEL FOR 291 PEMBERTON AVE NORTH VANCOUVER

Intermediate classes	AGE	MON	TUE	WED	THU	FRI	SAT	SUN
Junior Intermediate	7 to 11	6:00 PM Room B	6:00 PM Room B	6:00 PM Room B	6:00 PM Room B	6:00 PM Room B	9:00 AM Room A	
Junior Intermediate	7 to 11		4:00 PM Room A		4:00 PM Room A		9:00 AM Room A	
Teens Karate	12 to 17	6:00 PM Room A	6:00 PM Room A	6:00 PM Room A	6:00 PM Room A	6:00 PM Room A	9:00 AM Room A	

KARATE CLASS SCHUDEL FOR 291 PEMBERTON AVE NORTH VANCOUVER

Advance & Adult classes	AGE	MON	TUE	WED	THU	FRI	SAT	SUN
Advanced Class by Invitation Only	All Age	7:00 PM Room A-B	7:00 PM Room A-B	7:00 PM Room A-B	7:00 PM Room A-B	7:00 PM Room A-B	11:00 AM	
Adult Karate Mixed belts			8:15 PM		8:15 PM			
Private Lesson Book by Instructors	All Age							



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KARATE CLASS SCHEDULE FOR ROUNDHOUSE COMMUNITY CENTER IN VANCOUVER

Beginner classes	AGE	MON	TUE	WED	THU	FRI	SAT	SUN
Elsie Roy Elementary School						12:10 PM 12:50 PM		
Tiny Tiger	3					1:00 PM 1:30 PM		
Tiny Tiger	4 to 6	3:30 PM				3:30 PM		
Tiny Tiger	4 to 6	4:15 PM				4:15 PM		
Junior Beginner	7 to 9	5:00 PM				5:00 PM		
Junior Beginner and intermediate	10 to 12	6:00 PM				6:00 PM		
Advance	10 and up	7:00 PM				7:00 PM		



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YOGA/PILATES CLASS SCHUDEL FOR 291 PEMBERTON AVE NORTH VANCOUVER

Classes	AGE	MON	TUE	WED	THU	FRI	SAT	SUN
ALL LEVEL	Adult		9:00 AM		9:00 AM			
ALL LEVEL	Adult		6:00 PM		6:00 PM			



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BOXING CLASS SCHUDEL FOR 291 PEMBERTON AVE NORTH VANCOUVER

Classes	AGE	MON	TUE	WED	THU	FRI	SAT	SUN
Beginner LEVEL	12 & UP	6:00 PM		6:00 PM		6:00 PM		
Advance LEVEL	12 & UP	7:00 PM		7:00 PM		7:00 PM		