

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
After School Program 4:00pm – 4:45pm	After School Program 4:00pm – 4:45pm	After School Program 4:00pm – 4:45pm	After School Program 4:00pm – 4:45pm	After School Program 4:00pm – 4:45pm	Wing Chun KungFu 9:30am – 11:00am Competition Team Sanda/Kickboxing 9:30am – 11:00am	Tiny Tiger Pulse Intro 10:00am – 10:45am
Tiny Tiger 5:00pm - 5:30pm	Pulse Advanced 4:45pm - 5:30pm	Tiny Tiger 5:00pm - 5:30pm	Pulse Intro 4:45pm - 5:30pm	Tiny Tiger 5:00pm - 5:30pm	Tiny Tiger 11:00am - 11:30am	Pulse Combat Sanda/Kickboxing 10:45am – 11:45am
Pulse Intermediate 5:30pm- 6:15pm	Pulse Intro 5:30pm – 6:15pm	Pulse Intermediate 5:30pm – 6:15pm	Pulse Intermediate 5:30pm – 6:15pm	Pulse Intro 5:30pm – 6:15pm	Pulse Intro – Advanced All Belts 11:30am – 12:15pm	Wushu KungFu Level 2/3 11:45am – 12:45pm
Pulse Combat Taekwondo 6:15pm – 7:00pm	Wushu KungFu Level 2/3 6:15pm – 7:15pm	Pulse Advanced 6:15pm– 7:00pm	Pulse Combat Taekwondo 6:15pm – 7:00pm	Wushu KungFu Level 2/3 6:15pm – 7:15pm	Pulse Combat Sanda/Kickboxing 12:15pm – 1:00pm	Wushu KungFu Level 4 12:45pm – 1:45pm
Pulse Performance (Forms) 7:00pm – 8:00pm	Wushu KungFu Level 4 7:15pm – 8:15pm	Pulse Performance (Weapons) 7:00pm – 8:00pm	Pulse Performance (Open Gym) 7:00pm – 8:00pm	Wushu KungFu Level 4 7:15pm – 8:15pm	Teen/Adult 1:00pm – 2:00pm	Wushu KungFu Competition Team 1:45pm – 3:00pm
Teen/Adult 8:00pm – 9:00pm	Wushu Kung Fu Competition Team 8:15pm – 9:30pm	Wing Chun KungFu 8:00pm – 9:30pm	Teen/Adult 8:00pm – 9:00pm	Wushu KungFu Competition Team 8:15pm – 9:30pm	Belt/Sash Testing Last Sat Each Month Tiny Tiger 2pm-3pm Child-Adult 3pm-5pm Wing Chun Testing Last Sun of Month	Wing Chun KungFu 3:00pm – 4:30pm Competition Team Sanda/Kickboxing 3:00pm – 4:30pm
INTRODUCTION PROGRAMS Tiny Tiger: Under 6 Pulse Intro: Ages 7-12 Teen/Adult: Ages 13 & Over Pulse Combat TaeKwonDo / Sanda Must be enrolled in Pulse Combat Program to attend Pulse Performance Program: Provides access to multiple programs		TAEKWONDO STREAM Pulse Intermediate: Orange Belt - Green Belt - Purple Belt Pulse Advanced: Blue Belt - Brown Belt - Red Belt Red/Black Stripe Belt – Black Belt WUSHU KUNGFU STREAM Level 2: Orange Sash - Green Sash Level 3: Blue Sash – Purple Sash Level 4: Brown Sash – Red Sash – Red/Black Stripe Sash Black Sash			2370 Midland Ave. Unit B23-25 Scarborough, ON M1S 5C6 www.pulseacademy.ca T: 416.299.1534 www.sunnytang.com T: 416.801.5614 Effective September 1, 2023	