

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
After School Program 4:00pm – 5:00pm	After School Program 4:00pm – 5:00pm	After School Program 4:00pm – 5:00pm	After School Program 4:00pm – 5:00pm	After School Program 4:00pm – 5:00pm	Pulse Intro 9:45am – 10:30am	
Tiny Tiger 5:00pm – 5:30pm	Pulse Intermediate Taekwondo 5:00pm – 5:45pm	Tiny Tiger 5:00pm – 5:30pm	Pulse Intermediate Taekwondo 5:00pm – 5:45pm	Tiny Tiger 5:00pm – 5:30pm	Tiny Tiger 10:30am – 11:00am	
Pulse Intro 5:30pm – 6:15pm	Wushu KungFu Level 3/4 5:45pm – 6:45pm	Pulse Intro 5:30pm – 6:15pm	Wushu KungFu Level 3/4 5:45pm – 6:45pm	Pulse Intro 5:30pm – 6:15pm	Wing Chun KungFu All Levels 11:00am – 12:30pm	
Pulse Combat 6:15pm – 7:00pm	Wushu KungFu Competition Team Level 4 6:45pm – 7:45pm	Pulse Intermediate Taekwondo 6:15pm – 7:00pm	Wushu KungFu Competition Team Level 4 6:45pm – 7:45pm	Pulse Combat 6:15pm – 7:00pm	Wushu KungFu Level 4 12:30pm – 1:30pm	
Wushu KungFu Level 2 7:00pm – 8:00pm	Wing Chun/KungFu All Levels 7:45pm – 9:15pm	Wushu KungFu Level 2 7:00pm – 8:00pm	Wing Chun/KungFu All Levels 7:45pm – 9:15pm	Pulse Advanced Taekwondo 7:00pm – 7:45pm	Wushu KungFu Level 3/4 1:30pm – 2:30pm	BELT/SASH TESTING Last Sat of Month Tiny Tiger 8:30am Kids/Adult 9:00am BELT/SASH TESTING Last Tues of Month Wing Chun 8:00pm
Teen/Adult 8:00pm – 8:45pm		Teen/Adult 8:00pm – 8:45pm			Wushu KungFu Level 2 2:30pm – 3:30pm	
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			3500 Ridgeway Drive, Unit #10 Mississauga, ON L5L 0B4 www.sunnytang.com T: 416.801.5614 www.pulseacademy.ca T: 647.915.0981 Effective September 1, 2023	