

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
After School Program 4:15 pm – 5:00 pm	After School Program 4:15 pm – 5:00 pm	After School Program 4:15 pm – 5:00 pm	After School Program 4:15 pm – 5:00 pm	After School Program 4:15 pm – 5:00 pm	Pulse Intro 9:45 am – 10:30 am	Competition Team
Pulse Intro 5:00 pm – 5:45 pm	Tiny Tiger 5:00 pm – 5:30 pm	Tiny Tiger 5:00pm – 5:30pm	Pulse Intro 5:00 pm – 5:45 pm	Pulse Intermediate Taekwondo 5:00pm – 5:45pm	Tiny Tiger 10:30am – 11:00am	Sanda Competition Team
Pulse Intermediate Taekwondo 5:45pm – 6:30pm	Wushu KungFu Intermediate 5:30 pm – 6:15 pm	Pulse Advanced Taekwondo 5:30 pm – 6:15 pm	Wushu KungFu Intermediate 5:45 pm – 6:30 pm	Pulse Intro 5:45 pm – 6:30 pm	Wing Chun/Sanda All Levels 11:00 am – 12:30 pm	HP Kyorugi- Poomsae team
Pulse Combat 6:30pm – 7:15pm	Wushu KungFu Performance 6:15pm – 7:45 pm	Pulse Intermediate Taekwondo 6:15pm – 7:00pm	Wushu KungFu Performance 6:30 pm – 8:00 pm	Pulse Combat 6:30 pm – 7:15pm	Wushu KungFu Intermediate 12:30pm – 1:15 pm	Intermediate/Advance Belt Testing Last Fri of the month 8:00 pm
Pulse Advanced Taekwondo 7:15pm – 8:00pm	Wing Chun/Sanda All Levels 7:45 pm – 9:15 pm	Teen/Adult 7:00pm – 7:45pm	Wing Chun/Sanda All Levels 8:00 pm – 9:30 pm	Pulse Advanced Black Belts Taekwondo 7:15 pm – 8:00pm	Wushu KungFu Performance 1:15 pm – 2:45 pm	BEGINNERS BELT/SASH TESTING Last Sat of Month 8:45am
Teen/Adult 8:00pm – 8:45pm					Wushu KungFu Competition 2:45pm – 4:15pm	SASH TESTING Last Tues of Month Wing Chun 8:00pm
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 Intermediate: Orange Belt – Green Belt – Purple Belt Advanced: Blue Belt – Brown belt – Red Belt Red/Black Stripe Belt – Black Belt WUSHU KUNGFU STREAM Intermediate: Orange Sash – Green Sash Performance: Blue Sash – Purple Sash – 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 June 1, 2024	

