



2025 September

JUDO/B.Jiu-Jitsu

It is a grappling form of martial art that consists of a match where the objective is to throw and pin an opponent or force a submission with a joint lock or a choke.

KICKBOXING

Kickboxing is a dynamic martial art and sport that involves using both hands and feet for striking techniques. It provides a rigorous workout while honing self-defense skills.

TK-FITNESS

HIIT (high intensity interval training) workout, proven scientifically to be the most effective method for building lean muscle while burning unwanted fat.

TIME	MON	TUES	WED	THU	FRI	TIME	SAT
6:30AM		TK BOXING	TK BOXING	TK BOXING	TK BOXING		
7:30AM		FITNESS	FITNESS	FITNESS	FITNESS		
7:45AM		TK BOXING	TK BOXING	TK BOXING	TK BOXING		
8:45AM		FITNESS	FITNESS	FITNESS	FITNESS		
9:00AM		TK BOXING	TK BOXING	TK BOXING	TK BOXING		
10:00AM		FITNESS	FITNESS	FITNESS	FITNESS		
10:15AM		TK BOXING	TK BOXING	TK BOXING	TK BOXING	9:00 AM	B. JIU-JITSU
11:15AM		FITNESS	FITNESS	FITNESS	FITNESS	10:00 AM	(6 TO 9)
1:00 PM	TPMA	TINY TIGERS	TPMA	TINY TIGERS	TPMA	10:05 AM	B. JIU-JITSU
1:45 PM	(PRIVATE)	(3 TO 5)	(PRIVATE)	(3 TO 5)	(PRIVATE)	11:05 AM	(10 TO 13)
3:15 PM	TKD (6 TO 8)	TKD (6 TO 8)	TKD (6 TO 8)	B. JIU-JITSU	TKD (6 TO 8)	11:10 AM	B. JIU-JITSU
4:15 PM				(6 TO 9)		12:10 PM	(14 Plus)
4:20 PM	B. JIU-JITSU	JUDO	JUDO	B. JIU-JITSU	JUDO	12:15 PM	JUDO
5:20 PM	(6 TO 9)	(5 TO 8)	(5 TO 8)	(10 TO 13)	(5 TO 8)	1:15 PM	(5 TO 8)
5:25 PM	B. JIU-JITSU	JUDO (9 TO 12) B	JUDO	B. JIU-JITSU	JUDO	1:20 PM	JUDO
6:25 PM	(10 TO 13)	5:25pm-6:55pm	(9 TO 12) B	(14 Plus)	(9 TO 12) B	2:20 PM	(9 TO 12)
6:30 PM	KICKBOXING	JUDO (9 TO 12) A	JUDO (9 TO 12) A	KICKBOXING	JUDO (9 TO 12) A	2:25 PM	JUDO
7:30 PM	(YOUTH)	7:00pm-8:00pm	6:30pm-8:00pm	(YOUTH)	6:30pm-8:00pm	3:55 PM	(9 TO 12)
7:35 PM	KICKBOXING	JUDO H.P	JUDO (13 Plus)	KICKBOXING	JUDO (13 Plus)	4:00 PM	JUDO
8:35 PM	(ADULTS)	8:00pm-10:00pm	8:00pm-9:30pm	(ADULTS)	8:00pm-9:30pm	5:30 PM	(13 Plus)

#140-20728 Willoughby Town Center Dr. Langley, BC, V2Y OP3, Canada Tel) 778-298-1999

- MUDO ACADEMY RESERVES THE RIGHT TO CHANGE THE SCHEDULES AS IT SEES FIT.
- AGE GROUPS ARE SUGGESTIONS ONLY. THE HEAD MASTER MAY ACCEPT STUDENTS INTO A CLASS WITH DIFFERENT AGE THAN WRITTEN HERE.
- BLACK BELT LEADERSHIP - MASTER'S APPROVAL REQUIRED
- DEMO TEAM / TAEKWONDO OLYMPIC COMPETITION & JUDO HIGH PERFORMANCE - MASTER'S APPROVAL REQUIRED, ADDITIONAL MEMBERSHIP FEE

CALL US: 778-298-1999 **SIGN UP NOW AT** WWW.MUDOMARTIALARTS.CA INFO@MUDOMARTIALARTS.CA



2025 September

TAEKWONDO

An effective combination of combat and self-defense with sport and exercise, Taekwondo has risen to become one of the most popular martial arts in the world.



TPMA

Our Therapeutic Para-Martial Arts (TPMA) program is made for children, teens, and adults with physical or learning disabilities, developmental delays, or borderline disorders. Through simple Taekwondo and Judo movements in a safe and caring space, students discover what they can do, build confidence, and celebrate small daily successes that lead to real growth.



TIME	MON	TUES	WED	THU	FRI	TIME	SAT
11:15 AM	SENIOR M.A. WELLNESS		SENIOR M.A. WELLNESS			8:45 AM	TPMA (GROUP)
12:00 PM						9:30 AM	
3:30 PM	TINY TIGERS (3 TO 5) <u>3:30-4:15pm</u>	TKD (6 TO 8)	TINY TIGERS (3 TO 5) <u>3:30-4:15pm</u>	TKD (6 TO 8)	TINY TIGERS (3 TO 5) <u>3:30-4:15pm</u>	9:30 AM	TPMA (GROUP)
4:30 PM						10:15 AM	
4:30 PM	TKD (6 TO 8)	TKD (6 TO 8)	TKD (6 TO 8)	TKD (6 TO 8)	TKD (6 TO 8)	10:15 AM	TINY TIGERS (3 TO 5)
5:30 PM						11:00 AM	
5:30 PM	TKD (6 TO 8)	TKD (9 TO 11)	TKD (6 TO 8)	TKD (9 TO 11)	TKD (6 TO 8)	11:00 AM	TKD (6 TO 11)
6:30 PM						12:00 PM	
6:30 PM	TKD (9 TO 12)	TAEKWONDO (Family/All Age)	TKD (9 TO 12)	TAEKWONDO (Family/All Age)	TKD (9 TO 12)	12:00 PM	TAEKWONDO (12 PLUS)
7:30 PM						1:00 PM	
7:30 PM	TAEKWONDO (13 plus)	BLACK BELT LEADERSHIP	DEMO TEAM	TAEKWONDO (13 plus)	TAEKWONDO BLACK BELT	1:00 PM	TAEKWONDO (Family/All Age)
8:30 PM						2:00 PM	
PRIVATE CLASSES						2:00 PM	TAEKWONDO Olympic Competition
						3:30 PM	

#101-20611 80 Ave, Langley TWP, BC, V2Y 1X6, Canada

Tel) 778-366-4500

1. MUDO ACADEMY RESERVES THE RIGHT TO CHANGE THE SCHEDULES AS IT SEES FIT.
2. AGE GROUPS ARE SUGGESTIONS ONLY. THE HEAD MASTER MAY ACCEPT STUDENTS INTO A CLASS WITH DIFFERENT AGE THAN WRITTEN HERE.
3. BLACK BELT LEADERSHIP - MASTER'S APPROVAL REQUIRED
4. DEMO TEAM / TAEKWONDO OLYMPIC COMPETITION & JUDO HIGH PERFORMANCE - MASTER'S APPROVAL REQUIRED, ADDITIONAL MEMBERSHIP FEE

CALL US:

778-366-4500

SIGN UP NOW AT

WWW.MUDOMARTIALARTS.CA
INFO@MUDOMARTIALARTS.CA