



# Burnaby Judo Club

www.burnabyjudoclub.ca

Judo is a martial art steeped in tradition that is a nonviolent exercise for young people as well as adults.

Judo develops discipline, physical fitness and self confidence. Here, we never use the word "can't". We always encourage our students to "try".



The Burnaby Judo Club features bright lighting, sprung floor, air conditioning, change rooms with lockers, showers, weight room and a full size gym across the dojo for tournaments.

**Challenge Yourself!**

and be confident in life...

## CURRENT HOURS OF OPERATION

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 to 8:00	Junior Beginner Workout	Junior Advanced Workout	Junior Beginner Workout	Junior Advanced Workout	
8:00 to 9:30		Adult Competitive Workout	Adult Competitive Workout	Adult Competitive Workout	Adult Recreational Workout
8:00 to 10:00	Adult Recreational Workout				

FOR OUR CURRENT FEE SCHEDULE, PLEASE VISIT - [www.burnabyjudoclub.ca](http://www.burnabyjudoclub.ca)



All persons participating in a Burnaby Judo Club workout **MUST** have a valid Judo BC membership.

Junior Classes - 8 years to 13 years old | Adult Classes - 14 years +