

AVAILABLE FOR CHILDREN, YOUTH, AND YOUNG ADULTS

Eric Andre

From

ZEN

MARTIAL ARTS

FREE sessions at

**SEABIRD ISLAND
COMMUNITY SCHOOL**

AUGUST 5 - 31, 2026

**Build strength, discipline and have fun!
Build confidence! Learn skills! Stay safe!**



YOUTH MARTIAL ARTS

Monday & Wednesday

3:30 - 5:00 PM



LADIES' SELF-DEFENCE

Monday & Wednesday

5:00 - 6:00 PM



**ALL RESIDENTS OF SQ'ÉWQEL
ARE WELCOME TO JOIN US**

ALL LEVELS OF EXPERIENCE ARE WELCOME



MARTIAL ARTS & FITNESS

48640 Yale Rd, Chilliwack, BC • All Levels Welcome • 1 Week Free Trial



WEEKLY CLASS SCHEDULE FOR CHILLIWACK LOCATION

Effective August 10 - September 10 | Monday - Saturday

MORNING

■ BJJ / Open Mat ■ Kids ■ Wrestling ■ Boxing / Muay Thai ■ Ladies SD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Gi BJJ All Levels	No-Gi BJJ All Levels	Gi BJJ All Levels	No-Gi BJJ All Levels	
6:30 AM						
7:00 AM						BJJ Open Mat All Levels
7:30 AM						
8:00 AM						
8:30 AM						Boxing All Levels
9:00 AM						
9:30 AM						
10:00 AM	No-Gi BJJ Fundamentals	Wrestling Adults	No-Gi BJJ Fundamentals	Wrestling Adults	Gi BJJ All Levels	Wrestling Adults + Kids
10:30 AM						
11:00 AM				Ladies Self-Defence		
11:30 AM						

EVENING

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 PM	Kids BJJ Ages 4-8		Kids MMA Ages 4-8			
4:30 PM						
5:00 PM	Kids BJJ Ages 9-13	Wrestling Adults + Kids	Kids MMA Ages 9-13	Kids BJJ Ages 8+		
5:30 PM						
6:00 PM	No-Gi BJJ All Levels	Gi BJJ (In Cage)	No-Gi BJJ All Levels	Gi BJJ All Levels	Boxing Fundamentals	
6:30 PM						
7:00 PM					Advance Boxing	
7:30 PM	Muay Thai	Boxing Fundamentals	Muay Thai	Muay Thai		
8:00 PM					Open Mat	
8:30 PM		Advance Boxing				
9:00 PM						



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DROP-IN RATES FOR ZEN MARTIAL ARTS & FITNESS WILL BE
COVERED FROM AUGUST THROUGH NOVEMBER 2026

JOIN OUR FAMILY!

Call: 778-835-6590 • zenbjjandfitness

Schedule subject to change - check socials for updates