

# CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am		JITS Open Mat 6:00am - 6:45am		JITS Open Mat 6:00am - 6:45am		
7:00 am	CONDITION 7:00am - 7:45am	LIFT 7:00am - 7:45am	CONDITION 7:00am - 7:45am	LIFT 7:00am - 7:45am		
8:00 am						
9:00 am						
10:00 am		Training Camp 9:30am - 10:15am		Training Camp 9:30am - 10:15am		Training Camp 9:00am - 9:45am
11:00 am						STRIKE Muay Thia 10:00am - 10:45am
NOON						Kids / Youth JITS No Gi 11:00am - 11:45am
1:00 pm	JITS No-Gi 12:00pm - 1:00pm		JITS No-Gi 12:00pm - 1:00pm			JITS No Gi 12:00pm - 2:00pm
2:00 pm						
3:00 pm						
4:00 pm	STRIKE Kids (5-8) 3:45pm - 4:30pm	JITS Kids (5-8) 3:45pm - 4:30pm	STRIKE Kids (5-8) 3:45pm - 4:30pm	JITS Kids (5-8) 3:45pm - 4:30pm	STRIKE Kids (5-8) 3:45pm - 4:30pm	
5:00 pm	STRIKE Youth (9-13) 4:30pm - 5:15pm	JITS Youth (9-13) 4:30pm - 5:15pm	STRIKE Youth (9-13) 4:30pm - 5:15pm	JITS Youth (9-13) 4:30pm - 5:15pm	STRIKE Youth (9-13) 4:30pm - 5:15pm	
6:00 pm	JITS Fundamentals 5:30pm - 6:30pm	STRIKE Muay Thai 5:30pm - 6:20pm	JITS No Gi 5:30pm - 6:30pm	STRIKE Muay Thai 5:30pm - 6:20pm	Classic Muay Thai 5:30pm - 7:00pm	
7:00 pm	STRIKE Boxing 6:40pm - 7:30pm	JITS All Levels 6:30pm - 8:00pm	STRIKE Boxing 6:40pm - 7:30pm	JITS All Levels 6:30pm - 8:00pm		
8:00 pm	Sparring 7:30 - 8:00pm		Sparring 7:30 - 8:00pm			

Schedule subject to change without notice. For most up-to-date schedule please visit: [HERO-ACADEMY.CA](http://HERO-ACADEMY.CA)  
All classes are limited in class size. Cancellations must be made 12hrs in advance. Missed classes will be billed.

WEB: [hero-academy.ca](http://hero-academy.ca) | PH: 604.506.1774 | LOCATION: 107 E Esplanade, North Vancouver



## ABOUT HERO

Hero Academy started in the garage of Jaime's grandpa, with a heavy bag, some jits mats, a few kettle bells and a dream of creating a family friendly, non-intimidating martial arts school for every body.

Today, Meego, Jaime and the team have created classes and programs for everyBODY. They create a welcoming and inclusive environment and taper classes and movements so that everyone that comes through their doors can be themselves while feeling brave, challenged and safe. They believe that there is a HERO in everyone – an individual who possesses everyday qualities that make them an inspiration.

## ADULT RATES<sup>(14+)</sup>

### CLASS PACKAGES

1 CLASS	\$32	Expires 30 days after purchase
5 CLASSES	\$155	Expires 3 months after purchase
10 CLASSES	\$300	Expires 6 months after purchase

### UNLIMITED CLASS MEMBERSHIP

1 YEAR*	\$210 / MONTH
6 MONTHS*	\$235 / MONTH
3 MONTHS*	\$275 / MONTH

\* 12, 6 or 3 month commitment. Students between 15 - 19 with a valid student ID will receive 15% off their memberships for 12 or 6 months.

### 2 CLASSES / WEEK MEMBERSHIP

1 YEAR†	\$185 / MONTH
6 MONTHS†	\$205 / MONTH
3 MONTHS	\$225 / MONTH

† 12, 6 or 3 month commitment.

## STUDENTS<sup>(15 - 21)</sup>

Students between the ages 15 – 21 will receive 15% off on 3, 6 & 12 month memberships with valid student ID.

## FAMILY RATES

Families who purchase 3+ memberships will receive 15% off all memberships.

## KIDS / YOUTH RATES<sup>(6-13)</sup>

### CLASS PACKAGES

1 CLASS	\$28	Expires 30 days after purchase
5 CLASSES	\$135	Expires 3 months after purchase
10 CLASSES	\$260	Expires 6 months after purchase

### UNLIMITED CLASS MEMBERSHIP

1 YEAR*	\$145 / MONTH
6 MONTHS*	\$185 / MONTH
3 MONTHS*	\$210 / MONTH

\* 12, 6 or 3 month commitment.

### 2 CLASSES / WEEK MEMBERSHIP

1 YEAR†	\$105 / MONTH
6 MONTHS†	\$145 / MONTH
3 MONTHS	\$185 / MONTH

† 12, 6 or 3 month commitment.

## PRIVATE TRAINING RATES

1 - 1 TRAINING*	\$80 - \$150 / hr
2 - 1 TRAINING*	\$65 - \$120 / hr

PRIVATE GROUPS: Contact us

\*Private sessions canceled less than 24hrs in advance will be charged in full. Late arrival for a session will result in reduced session.

All memberships are set to auto renew at the end of term. Members may change this in the settings in their account or on the WellnessLiving App. Cancellations mid term must give us 30 days written (email) notice and will be subject to penalty fees: One (1) months payment will be owing at time of cancellation for a 6 month membership. Two (2) months payment will be owing at time of cancellation of a 1 year membership. 3 month membership cancellations will not be permitted. Exceptions for medical reasons will be considered. HOLDS will be accepted **one (1) time during your 6 month** membership term for up to 30 days and **two (2) times during your 12 month** membership for up to 60 days. Holds on any memberships will require 30 days written (email) notice. Exceptions will be made for medical reasons. Holds will not be permitted for 3 month memberships. All class passes, memberships and private and semi-private training packages are non refundable and non transferable. All holds and cancellations must be confirmed by email: [jaime@heroathletics.ca](mailto:jaime@heroathletics.ca) 30 days prior to hold.

