

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONDITION 7:00am - 7:45am	LIFT 7:00am - 7:45am	CONDITION 7:00am - 7:45am	LIFT 7:00am - 7:45am			
	Training Camp 9:30am - 10:15am		Training Camp 9:30am - 10:15am		Training Camp 9:00am - 9:45am	
					Muay Thai Fundamentals 10:00am - 10:45am	
JITS No-Gi 12:00pm - 1:00pm		JITS No-Gi 12:00pm - 1:00pm			Family MMA 11:00am - 11:45am	WMNS JITS 11:30am - 12:30pm
					JITS No Gi 12:00pm - 2:00pm	
STRIKE Kids (K-G3) 3:45pm - 4:30pm	JITS Kids (K-G3) 3:45pm - 4:30pm	STRIKE Kids (K-G3) 3:45pm - 4:30pm	JITS Kids (K-G3) 3:45pm - 4:30pm	STRIKE Kids (K-G3) 3:45pm - 4:30pm		
STRIKE Youth (G4-G7) 4:30pm - 5:15pm	JITS Youth (G4-G7) 4:30pm - 5:15pm	STRIKE Youth (G4-G7) 4:30pm - 5:15pm	JITS Youth (G4-G7) 4:30pm - 5:15pm	STRIKE Youth (G4-G7) 4:30pm - 5:15pm		
JITS Fundamentals 5:30pm - 6:30pm	Muay Thai Fundamentals 5:30pm - 6:20pm	JITS No Gi 5:30pm - 6:30pm	Muay Thai Fundamentals 5:30pm - 6:20pm	Traditional Muay Thai 5:30pm - 7:00pm		
Boxing All Levels 6:30pm - 7:30pm	JITS Gi Intermediate 6:30pm - 8:30pm	Boxing All Levels 6:30pm - 7:30pm	JITS Gi Intermediate 6:30pm - 8:30pm			
Muay Thai & Boxing Intermediate 7:30 - 8:30pm		Muay Thai & Boxing Intermediate 7:30 - 8:30pm				

Schedule subject to change without notice. For most up-to-date schedule please visit: 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 | PH: 604.980.1804 | eMail: info@hero-academy.ca
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 (Grade 8+)

CLASS PACKAGES

1 CLASS	\$35	Expires 30 days after purchase
5 CLASSES	\$170	Expires 3 months after purchase
10 CLASSES	\$330	Expires 6 months after purchase
20 CLASSES	\$600	Expires 12 months after purchase

UNLIMITED CLASS MEMBERSHIP

1 YEAR*	\$116 / 2 WEEKS
6 MONTHS*	\$126 / 2 WEEKS
3 MONTHS*	\$138 / 2 WEEKS

* 12, 6 or 3 month commitment.

2 CLASSES / WEEK MEMBERSHIP

1 YEAR†	\$92 / 2 WEEKS
6 MONTHS†	\$104 / 2 WEEKS
3 MONTHS	\$112 / 2 WEEKS

† 12, 6 or 3 month commitment.

FAMILY CLASSES (INCLUDES 1 ADULT & 1 CHILD)

1 CLASS	\$38	Expires 30 days after purchase
10 CLASSES	\$300	Expires 6 months after purchase

KIDS / YOUTH RATES (K - Grade 7)

CLASS PACKAGES

1 CLASS	\$30	Expires 30 days after purchase
5 CLASSES	\$145	Expires 3 months after purchase
10 CLASSES	\$280	Expires 6 months after purchase
20 CLASSES	\$500	Expires 12 months after purchase

UNLIMITED CLASS MEMBERSHIP

1 YEAR*	\$96 / 2 WEEKS
6 MONTHS*	\$106 / 2 WEEKS
3 MONTHS*	\$118 / 2 WEEKS

* 12, 6 or 3 month commitment.

2 CLASSES / WEEK MEMBERSHIP

1 YEAR†	\$72 / 2 WEEKS
6 MONTHS†	\$84 / 2 WEEKS
3 MONTHS	\$92 / 2 WEEKS

† 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.

CANCELLATIONS mid-term: 6 month memberships must give us 30 days notice and will be subject to penalty fees of \$200. 12 month memberships must give us 60 days notice and will be subject to penalty fees of \$400. 3 month membership cancellations will not be permitted. Exceptions for medical reasons will be considered. HOLDS will be accepted for all memberships. We require 2 weeks notice. A hold fee of \$10 / week or \$35 / month will be charged at the time of the hold. Exceptions will be made for medical reasons. All class passes, memberships and private and semi-private training packages are non-refundable. All holds and cancellations must be submitted online at hero-academy.ca/requests/

