



CHILDREN & YOUTH CLASSES

250.762.4754

Greatwayma.ca

info@greatwayma.ca

2243A Leckie Rd. Kelowna

MONDAY

- 3:15 - 4:00 pm Kung Fu Dragons
- 3:30 - 4:15 pm Champions Year 1
- 4:30 - 5:15 pm Champions Year 2
- 5:30 - 6:25 pm Teens Black Belts
- 6:30 - 7:25 pm Teens Year 1, 2 & 3

TUESDAY

- 3:30 - 4:15 pm Champions Year 1
- 4:15 - 5:00 pm Kung Fu Cubs
- 4:30 - 5:15 pm Champions Year 3
- 5:30 - 6:25 pm Teens Black Belts & Wing Chun

WEDNESDAY

- 3:15 - 4:00 pm Kung Fu Dragons
- 3:30 - 4:15 pm Champions Year 1
- 4:15 - 5:00 pm Kung Fu Dragons
- 4:30 - 5:15 pm Champions Year 2
- 5:30 - 6:25 pm Teens Black Belts
- 6:30 - 7:25 pm Teens Year 1, 2 & 3

THURSDAY

- 3:15 - 4:00 pm Kung Fu Cubs
- 3:30 - 4:15 pm Champions Year 1
- 4:15 - 5:00 pm Kung Fu Dragons
- 4:30 - 5:15 pm Champions Year 3
- 5:30 - 6:25 pm Teens Black Belts & Wing Chun

FRIDAY

- 3:30 - 4:15 pm Kung Fu Cubs & Dragons Make Up
- 4:30 - 5:15 pm Champions Year 1 Make Up
- 5:30 - 6:15 pm Champions Year 2 & 3 Make Up
- 6:30 - 8:00 pm Demo Team Class

SATURDAY

- 11:15 - 12:00 pm Kung Fu Cubs
- 11:15 - 12:00 pm Champions & Teens Year 1 Make Up
- 12:15 - 1:00 pm Kung Fu Dragons
- 12:15 - 1:00 pm Champions & Teens Year 2 & 3 Make Up
- 1:30 - 3:30 pm Birthday Parties
- 4:30 - 6:30 pm Birthday Parties

SUNDAY

- 1:00 - 3:00 pm Birthday Parties
- 4:00 - 6:00 pm Birthday Parties



KUNG FU CUBS 4 & 5 yrs.

KUNG FU DRAGONS 6 & 7 yrs.

Is a fun, theme-based adventure that introduces young children to martial arts in a playful, low-pressure way. Skills are actively taught but not formally tested, so kids can focus on learning, exploring, and enjoying movement.



CHAMPIONS KUNG FU 8 to 11 yrs.

Our Champions and Teens Program is an exciting, skill-based journey designed to keep students motivated and progressing. With structured belt testing every four months, students stay focused on clear goals while continuously building confidence. See below...



TEENS MARTIAL ARTS 12 to 16 yrs.

Continued...The curriculum pulls from 10 distinct martial arts styles and disciplines, a well-rounded foundation in striking, self-defense, movement, and mindset—not just one art, but a complete martial arts experience.



ADULT CLASSES & PROGRAMS

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NEW SCHEDULE BEGINS MONDAY, Jan. 19th 2026

MONDAY

11:30 - 12:25 pm	Traditional Wing Chun
6:30 - 7:25 pm	Modern Wing Chun
7:30 - 8:25 pm	Kung Fu Weapons

TUESDAY

3:30 - 4:15 pm	Traditional Wing Chun
6:30 - 7:15 pm	HIIT
7:15 - 8:10 pm	Traditional Wing Chun

WEDNESDAY

9:15 - 10:00 am	HIIT
10:00 - 10:55 am	Traditional Wing Chun
3:30 - 4:15 pm	Traditional Wing Chun
6:30 - 7:25 pm	Modern Wing Chun
7:30 - 8:25 pm	Kung Fu Weapons

THURSDAY

6:30 - 7:15 pm	HIIT
7:15 - 8:10 pm	Traditional Wing Chun

SATURDAY

9:15 - 10:00 am	HIIT
10:00 - 10:55 am	Traditional Wing Chun



TRADITIONAL WING CHUN

Masterful. Disciplined. Powerful.

Focuses on close-range combat, efficiency, and directness. Concepts include centerline theory, economy of motion, simultaneous attack and defense, and relaxed power rather than brute strength.



HIIT

High Intensity. Results Driven.

boosts cardiovascular fitness, burns calories quickly, and improves speed, coordination, and power, while also teaching basic self-defense skills.

The result is a fast-paced, high-energy workout that trains both your body and your fighting fundamentals.



MODERN WING CHUN

Dynamic. Practical. Empowering.

We emphasize practicality and pressure-test techniques through sparring and drills.

The result is a streamlined, concept-driven system that focuses on efficiency, adaptability, and usability in real-world situations.



KUNG FU WEAPONS

Exciting. Powerful. Immersive.

This class combines stretching, mobility, balance, and strength exercises, blending traditional weapon training with modern conditioning. You'll learn how to handle the staff, swords, and more.