

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am	JITS Coming soon 6:00am - 6:50am	STRIKE Coming soon 6:00am - 6:50am	JITS Coming soon 6:00am - 6:50am	STRIKE Coming soon 6:00am - 6:50am		
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						LIFT 8:30am - 9:15am
10:00 am	Class Coming Soon 9:30am - 10:20am	Class Coming Soon 9:30am - 10:20am	Class Coming Soon 9:30am - 10:20am	Class Coming Soon 9:30am - 10:20am	CONDITION 9:30am - 10:15am	CONDITION 9:30am - 10:15am
11:00 am						Lil' Heroes 10:30am - 11:00am
						MMA Kids & Youth 11:15am - 12:00pm
NOON						
	STRIKE Endurance 12noon - 12:45	JITS No Gi 12noon - 12:45	STRIKE Endurance 12noon - 12:45	JITS Fundamentals 12noon - 12:45	Class Coming Soon 12:00pm - 12:50pm	STRIKE Boxing All Levels 12:10pm - 1:00pm
3:00 pm						
						JITS No Gi 1:10pm - 2:00pm
4:00 pm						
	STRIKE Kids/Youth (6-15) 4:00pm - 4:45pm	JITS Kids/Youth (6-15) 4:00pm - 4:45pm	STRIKE Kids/Youth(6-15) 4:00pm - 4:45pm	JITS Kids/Youth (6-15) 4:00pm - 4:45pm	STRIKE Kids/Youth(6-15) 4:00pm - 4:45pm	Open Mat 2:00pm - 3:00pm
5:00 pm						
					Wmns / Teen STRIKE 5:00pm - 5:50pm	
6:00 pm	STRIKE Muay Thai Fundamentals 5:30pm - 6:20pm	STRIKE Muay Thai Level 2-4 5:30pm - 6:20pm	STRIKE Muay Thai Fundamentals 5:30pm - 6:20pm	STRIKE Muay Thai Level 2-4 5:30pm - 6:20pm		
7:00 pm	JITS Fundamentals 6:30pm - 7:30pm	JITS All Levels 6:30pm - 8:00pm	JITS No Gi 6:30pm - 7:30pm	JITS All Levels 6:30pm - 8:00pm		
8:00 pm						

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 | 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⁽¹⁶⁺⁾

CLASS PACKAGES

1 CLASS	\$31	Expires 30 days after purchase
5 CLASSES	\$150	Expires 60 days after purchase
10 CLASSES	\$290	Expires 90 days after purchase

UNLIMITED CLASS MEMBERSHIP

1 YEAR*	\$200 / MONTH
6 MONTHS*	\$225 / MONTH
1 MONTH	\$260 / MONTH

* 1 year or 6 month commitment. Add a new member package, which includes your first month free, a t-shirt and your choice of a jiu jitsu gi or boxing gloves for \$169

2 CLASSES / WEEK MEMBERSHIP

1 YEAR†	\$175 / MONTH
6 MONTHS†	\$195 / MONTH
1 MONTH	\$215 / MONTH

† 1 year or 6 month commitment.

PRIVATE TRAINING RATES

1 - 1 TRAINING*	\$85 - \$120 / hr
2 - 1 TRAINING*	\$70 - \$90 / 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.

CANCELLATIONS, HOLDS & REFUNDS

Memberships may be canceled or paused 30 days before the end of the term (1 month, 6 months, 12 month). If you need to cancel mid term we ask that you give us 30 days notice for 6 month memberships – one (1) payment will be owing at time of cancellation – and 60 days notice for a 1 year membership – two (2) payments will be owing at time of cancellation. Exceptions for medical reasons or moving will be considered. HOLDS will be accepted 1 (one) time during your 6 month membership term and two (2) times during your 12 month membership. Holds on any memberships will require 1 (one) months notice. You may put a hold on your 6 month membership for up to 1 month. You may put a hold on your 12 month membership for up to 2 months. Exceptions will be made for medical reasons. 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: info@heroathletics.ca

KIDS / YOUTH RATES⁽⁶⁻¹⁵⁾

CLASS PACKAGES

1 CLASS	\$28	Expires 30 days after purchase
5 CLASSES	\$135	Expires 60 days after purchase
10 CLASSES	\$260	Expires 90 days after purchase

UNLIMITED CLASS MEMBERSHIP

1 YEAR*	\$135 / MONTH
6 MONTHS*	\$175 / MONTH
1 MONTH	\$200 / MONTH

* 1 year or 6 month commitment. Add a new member package, which includes your first month free, a t-shirt and your choice of a jiu jitsu gi or boxing gloves for \$169

2 CLASSES / WEEK MEMBERSHIP

1 YEAR†	\$100 / MONTH
6 MONTHS†	\$135 / MONTH
1 MONTH	\$170 / MONTH

† 1 year or 6 month commitment.

PRE SCHOOL RATES⁽⁴⁻⁵⁾

CLASS PACKAGES

1 CLASS	\$22
5 CLASSES	\$100
10 CLASSES	\$180

