



EVOLUTION MARTIAL ARTS ACADEMY

DISCIPLINE. RESPECT. CONFIDENCE. EXCELLENCE.

**REAL TRADITION.
REAL SKILLS. REAL LIFE.**

We are a **family-focused** academy that builds strong bodies, strong minds and stronger bonds that last a lifetime.

**FOUR DISCIPLINES.
ONE PURPOSE.
BECOME YOUR BEST.**



TRADITION

Honoring the past.
Building the future.



DISCIPLINE

Train your body.
Strengthen your mind.



CONFIDENCE

Believe in yourself.
Achieve your goals.



SELF-DEFENCE

Practical skills for
real-world situations.

CLASS TIMETABLE

TUESDAYS & THURSDAYS

6:00 –
6:55 PM



KICKBOXING

FAMILIES, TEENS & ADULTS

High-energy, full-body workout combining striking, pad work and conditioning. Build fitness, power and confidence in a supportive environment.



7:00 –
8:00 PM



TAE KWON-DO

FAMILIES, TEENS & ADULTS

Traditional training for a lifetime. Learn powerful techniques, patterns, self-defence and sparring while developing discipline, focus and character. The traditional way – proven for generations.



**STRONG FAMILIES.
STRONGER TOGETHER.**

Train together.
Grow together.
Achieve together.



WEDNESDAYS

6:00 –
6:50 PM



LITTLE WARRIORS

AGES 4 – 7 YRS

Preliminary holistic martial arts skills for young children. Learn coordination, focus, respect and confidence while having fun!



7:00 –
7:55 PM



SELF DEFENCE

13 AND OVER

Practical, real-world self-defence skills for all situations. Taught as a permanent class with rotating themes to keep you prepared and confident.



8:00 –
9:00 PM



LADIES ONLY KICKBOXING

13 AND OVER

A fun, empowering workout just for women. Build strength, fitness, and confidence in a supportive environment.



STRONGER BODY

Build strength,
endurance and
coordination.



STRONGER MIND

Improve focus,
mental resilience
and self-control.



STRONGER CHARACTER

Respect, honesty,
perseverance and
leadership.



BLACK BELT EXCELLENCE

A journey of growth
that lasts a lifetime.

ALL AGES. ALL LEVELS. ALL WELCOME.

NO EXPERIENCE NECESSARY.

**START TODAY.
EVOLVE EVERY DAY.**

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DISCIPLINE TODAY. STRENGTH TOMORROW. EXCELLENCE FOREVER.