

# CMAC MISSISSAUGA CLASS SCHEDULE

|           | Monday  | Tuesday                        | Wednesday  | Thursday   | Friday  | Saturday   |
|-----------|---|--------------------------------|--|--|---|--|
| 8:00 am   |   |                                |  |  | 7 :15am-8 :15am<br>Tai Chi/Pa Qua/<br>Qi Gong               |  |
| 9: 00 am  |   |                                |  |  |   | 8:15am<br>Tai Chi/Pa Qua/Qi<br>Gong                          |
| 10: 00 am |   |                                |  |  |   | 9:30am<br>Karate 4-8yr                                       |
| 11:00 am  | Dojo Opens  | Dojo Opens                     | Dojo Opens   |  | Dojo Opens  | 10:30am<br>Karate 9-12yr                                     |
| 12 noon   |   |                                | Karate Open Class<br>All Belt Levels                           | Dojo Opens<br>Directors-Instructors<br>Class     |   | 11:30pm -1:00pm<br>Kobudo and Karate<br>Adults<br>Open Class |
| 1:00 pm   |   |                                |  |  |   |  |
| 2:00 pm   |   |                                |  |  |   |  |
| 4:00 pm   | Karate 4-8yr                                      |                                |  |  |   |  |
| 5:00 pm   | Karate<br>Youth (13-17yr)<br>White - Red          | Karate 4-8yr                   | Karate 9-12yr  | Karate 9-12yr                                    | 4:30- 5:30<br>Kobudo<br>Children and Youth                  |  |
| 6:00 pm   | Karate<br>Youth (13-17yr)<br>Green - Brown        | Karate 9-12yr                  | Karate 4-8 yr  | 6:15-7:30 pm<br>Karate - Adults<br>White – Brown | 5:30 -6:30<br>Karate<br>Youth (13-17yr)<br>Green–Brown      |  |
| 7:15pm    | 7:15-8:30 pm<br>Karate<br>Adults<br>White – Brown | Kobudo<br>Adults<br>All Levels | Tai Chi/Pa Kua/Qi Gong<br>Beginner class                       | 7:45-9:00 pm<br>Karate - Adults<br>Black         | 6:30pm -7:30 pm<br>Karate<br>Youth (13-17yr)<br>White - Red |  |
| 8:30 pm   | 8:45-9:45 pm<br>Karate - Adults<br>Black          |                                | 8:15 – 8:45 pm<br>Tai Chi/Pa Kua/Qi Gong<br>Intermediate class |  |   |  |
|           | 9:45-10:15 pm<br>Iaido                            |                                |  |  |   |  |

Classes are one hour unless otherwise posted. SCHEDULE EFFECTIVE FEBRUARY 1, 2012. You are welcome to train in the dojo on your own—just call ahead.

Classical Martial Arts Centre - Yume Da Po Dojo | 1010 Dream Crest Road, Unit 8, Mississauga ON L5V 3A4 | P 905-817-0453 | F 905-814-5202 | E admin@cmacdapo.com | W cmacdapo.com

An affiliated member of Classical Martial Arts Canada

