

CMAC MISSISSAUGA CLASS SCHEDULE

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

Classes are one hour unless otherwise posted. SCHEDULE EFFECTIVE FEBRUARY 1, 2012. You are welcome to train in the dojo 3on your own—just call ahead.
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