

OMAC TAEKWONDO World Class Martial Arts

FALL 2014 Class Schedule

www.omacworldclassmartialarts.com

Tel: (905) 542-8801 [Mississauga](#)

Starts September 2nd 2014

1240 Eglinton St. W. (Roseborough Centre)

MON	TUE	WED	THUR	FRI	SAT
After School Program 2:30-6:00pm	After School Program 2:30-6:00pm	After School Program 2:30-6:00pm	After School Program 2:30-6:00pm	After School Program 2:30-6:00pm	10:30 - 11:00AM Tiny Tigers h
6:00-6:30PM Tiny Tigers	6:00-6:45PM Orange to Green	6:00-6:30PM Tiny Tigers	6:00-6:30PM Tiny Tigers	6:00 - 6:45PM White - Yellow	11:00-11:45AM White – Yellow
6:30-7:15PM White-Yellow "Black Belt Leadership Class"	6:45-7:30PM Purple to Red	6:30-7:15PM White & Yellow "Black Belt Leadership Class"	6:30-7:15PM Orange - Green "Booster Class"	6:45 - 7:30PM Purple to Red	11:45-12:30PM Orange – Brown "Sparring"
7:15-8:00PM Orange to Green	7:30 - 8:15PM White & Yellow	7:15-8:00PM BL W/BL R "Booster Class"	7:15 - 8:00PM Purple - Red "Booster Class"	7:30-8:15PM DEMO TEAM	12:30 - 1:15PM Red - Black Belt "Sparring"
8:00-8:45PM Adult All Belts	8:15-9:00PM BL White/ BL Red Black Belt	8:00-8:45PM *Weaponry Brown - Black	8:00 - 8:45PM BL White/ BL Red Black Belt		
		8:45-9:30PM Adult All Belts			OMAC Birthday Parties! Please Book 3 Wks in Advance!

** Classes require, Black Belt Club Membership or personally invited*