



Classical Martial Arts Centre

(CMAC Hasu & Sakura Dojo)

Schedule - Effective May 10, 2010

KARATE-DO & JIU JITSU ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Evening Classes							
Introductory - White		7:45-8:45 H	6:15-7:15 H	7:15-8:15 H			
	6:45-7:45 S		6:45-7:45 S		6:15-7:15 S		
Yellow		7:45-8:45 H	6:15-7:15 H	7:15-8:15 H			
	6:45-7:45 S		6:45-7:45 S		6:15-7:15 S		
Orange		7:45-9:00 H	6:15-7:30 H	7:15-8:30 H			
	6:45-8:00 S		6:45-8:00 S		6:15-7:30 S		
Green		7:45-9:00 H	6:15-7:45 H	7:15-8:45 H			
	6:45-8:00 S		6:45-8:00 S		6:15-7:30 S		
Blue		7:45-9:15 H	6:15-7:45 H	7:15-9:00 H			
	6:45-8:00 S		6:45-8:00 S		6:15-7:30 S		
Brown & Mudansha		7:45-9:15 H	6:15-8:00 H	7:15-9:15 H			
	6:45-8:30 S		6:45-8:30 S		6:15-8:00 S		
Black	7:30-9:30 H		7:30-9:30 H				
Afternoon Classes							
Introductory - White		1:00-2:00 H		11.30-12.30 S	1:00-2:00 H	2:30-3:30 H	
Yellow		1:00-2:00 H		11.30-12.30 S	1:00-2:00 H	2:30-3:30 H	
Orange, Green		1:00-2:15 H		11.30-12.45 S	1:00-2:15 H	2:30-3:45 H	
Blue, Brown		1:00-2:30 H		11.30-12.45 S	1:00-2:30 H	2:30-4:00 H	
Mudansha and Black		1:00-3:00 H		11.30-12.45 S	2:00-4:00 H	2:30-4:30 H	
KOBUDO & KALI							
White,	5:45-6:45 S	9:15-10:15 H	5:45-6:45 S	6:15-7:15 H			
Yellow, Orange	5:45-6:45 S	9:15-10:30 H	5:45-6:45 S	6:15-7:15 H			
Green, Blue	5:45-6:45 S	9:15-10:45 H	5:45-6:45 S	6:15-7:30 H			
Brown		9:15-10:45 H		6:15-7:30 H			
Black		9:15-10:45 H		6:15-7:30 H			
IAIDO & JODO	6:15-7:45 H			9:00-10:30 H			
TAI CHI CHUAN, BA GUA CHANG & CHI GUNG							
Beginner	12:00-1:00 H 8:30-9:30 S	6:15-7:15 H	8:30-9:30 S	12:00-1:00 H	6:15-7:15 H	9:30-10:30 S	10:30-11:30 H
Intermediate	12:00-1:30 H 8:30-9:45 S	6:15-7:30 H	8:30-9:45 S	12:00-1:30 H	6:15-7:30 H	9:30-10:45 S	10:30-11:45 H
Advanced	8:00-8:30 S	6:15-7:45 H	8:00-8:30 S	1:15-2:45 H	6:15-7:45 H	10:30-11:15 S	10:30-12:00 H



PLEASE ARRIVE AT LEAST TEN (10) MINUTES BEFORE CLASS.

