



Classical Martial Arts Centre (CMAC Hasu & Sakura Dojo)

Karate Introductory 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 | | |
| Afternoon Classes | | | | | | | |
| Introductory - White, Yellow | | 1:00-2:00 H | | 11:30-12:30 S | 1:00-2:00 H | 2:30-3:30 H | |
| Orange | | 1:00-2:15 H | | 11:30-12:45 S | 1:00-2:15 H | 2:30-3:45 H | |

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

