



**Classical Martial Arts Centre**  
(CMAC Hasu, Sakura, & Mokurai Dojo)  
Schedule - Effective Sept 6, 2011

KARATE-DO & JIU JITSU ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Evening Classes</b>							
Introductory - White		7:45-8:45 H	6:15-7:15 H	7:15-8:15 H			
	7:15-8:15 S				7:00-8:00 S		
Yellow		7:45-8:45 H	6:15-7:15 H	7:15-8:15 H			
	7:15-8:15 S				7:00-8:00 S		
Orange		7:45-9:00 H	6:15-7:30 H	7:15-8:30 H			
	7:15-8:30 S				7:00-8:15 S		
Green		7:45-9:00 H	6:15-7:45 H	7:15-8:45 H			
	7:15-8:30 S				7:00-8:30 S		
		6:00-7:00 M	6:10-7:10 M				
Blue		7:45-9:15 H	6:15-7:45 H	7:15-9:00 H			
	7:15-8:30 S				7:00-8:45 S		
		6:15-7:30 M	6:10-7:10 M				
Brown & Mudansha		7:45-9:15 H	6:15-8:00 H	7:15-9:15 H			
	7:15-8:45 S				7:00-9:00 S		
Black	7:30-9:30 H		7:30-9:30 H				
<b>Afternoon Classes</b>							
Introductory - White		1:00-2:00 H		11:15-12:15 S	1:00-2:00 H	1:30-2:30 H	
		1:00-2:00 H		11:15-12:15 S	1:00-2:00 H	1:30-2:30 H	
Yellow		1:00-2:00 H		11:15-12:15 S	1:00-2:00 H	1:30-2:30 H	
Orange		1:00-2:15 H		11:15-12:30 S	1:00-2:15 H	1:30-2:45 H	
		1:00-2:15 H		11:15-12:30 S	1:00-2:15 H	1:30-2:45 H	
Green		1:00-2:15 H		11:15-12:30 S	1:00-2:15 H	1:30-2:45 H	
						12:50-1:50 M	
Blue, Brown		1:00-2:30 H		11:15-12:30 S	1:00-2:30 H	1:30-3:00 H	
Mudansha and Black		1:00-3:00 H		11:15-12:30 S	2:00-4:00 H	1:30-3:00 H	
<b>KOBUDO &amp; KALI</b>							
White,		9:15-10:15 H		6:15-7:15 H	6:00-7:00 S	1:45 - 2:45 S	
Yellow, Orange		9:15-10:30 H		6:15-7:15 H	6:00-7:00 S	1:45 - 2:45 S	
Green, Blue		9:15-10:30 H		6:15-7:30 H	6:00-7:00 S	1:45 - 3:00 S	
Brown		9:15-10:30 H		6:15-7:30 H			
Black		9:15-10:45 H		6:15-7:30 H			
<b>IAIDO &amp; JODO</b>	6:15-7:45 H			9:00-10:30 H			
<b>TAI CHI CHUAN, BA GUA CHANG &amp; CHI GUNG</b>							
Beginner	12:00-1:00 H 8:45-9:45 S	6:15-7:15 H		12:00-1:00 H 8:30-9:30 S	6:15-7:15 H	9:30-10:30 S	10:30-11:30 H
Intermediate	12:00-1:30 H 8:45-10:00 S	6:15-7:30 H		12:00-1:30 H 8:30-9:45 S	6:15-7:30 H	9:30-10:45 S	10:30-11:45 H
Advanced	8:45-10:15 S	6:15-7:45 H		1:15-2:45 H 8:30-10:00 S	6:15-7:45 H	10:30-11:15 S	10:30-12:00 H



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

