



# OMAC

WORLD CLASS  
MARTIAL ARTS

(289) 725-8288 • 483 Dundas St., W., Oakville

EFFECTIVE SEPTEMBER 4TH, 2018

## OMACMARTIALARTS.CA

### DOJANG 1

**MON**





**TUES**

**WED**

**THURS**

**FRI**

**SAT**

3:30PM – 6:00PM <b>After School Program</b>	3:30PM – 6:00PM <b>After School Program</b>	3:30PM – 6:00PM <b>After School Program</b>	3:30PM – 6:00PM <b>After School Program</b>	3:30PM – 6:00PM <b>After School Program</b>	9:30AM – 10:00AM <b>Tiny Tigers</b>
5:30PM – 6:00PM <b>Tiny Tigers</b>	5:30PM – 6:15PM <b>White – Yellow</b>	5:30PM – 6:00PM <b>Tiny Tigers</b>	5:30PM – 6:00PM <b>Tiny Tigers</b>	5:30PM – 6:15PM <b>Black White – Black Belt</b>	10:00AM – 10:45AM <b>White - Yellow</b>
6:00PM – 6:45PM <b>Orange – Green</b>	6:15PM – 7:00PM <b>Orange - Green</b>	6:00PM – 6:45PM <b>White - Yellow</b>	6:00PM – 6:45 PM <b>White - Yellow</b>	6:15PM – 7:00PM <b>White - Yellow</b>	10:45AM – 11:30AM <b>Orange - Green</b>
6:45PM – 7:30PM <b>Purple - Red</b>	7:00PM – 7:45PM <b>Purple – Red</b>	6:45 – 7:30PM <b>Orange – Green</b>	6:45PM – 7:30PM <b>Black White – Black Belt</b>	7:00PM – 7:45PM <b>Orange - Green</b>	11:30AM – 12:15PM <b>Purple – Red</b>
7:30PM – 8:15PM <b>Family Class All Belts</b>	7:45PM – 8:30PM <b>Black White – Black Belt</b>	7:30PM – 8:15PM <b>Purple – Red</b>	7:30PM – 8:15PM <b>Family Class All Belts</b>	7:45PM – 8:30PM <b>Purple – Red</b>	12:15PM – 1:00PM <b>Black White – Black Belt</b>
8:15PM – 9:00PM <b>Teen/Adult Class</b>	8:30PM – 9:15PM <b>Teen/Adult Class</b>	8:15PM – 9:00PM <b>Black White – Black Belt</b>	8:15PM – 9:00PM <b>Teen/Adult Class</b>		
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**IF YOU ENJOY OUR PROGRAM, INVITE YOUR FRIENDS & FAMILY TO OMAC TO RECEIVE A \$50 GIFT CERTIFICATE**



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### DOJANG 2

**MON**






**TUES**

**WED**

**THURS**

**FRI**

**SAT**

3:30 – 6:00PM <b>After School Program</b>	3:30 – 6:00PM <b>After School Program</b>	3:30 – 6:00PM <b>After School Program</b>	3:30 – 6:00PM <b>After School Program</b>	3:30 – 6:00PM <b>After School Program</b>	9:30AM – 10:00AM
5:30PM – 6:00PM	5:30PM – 6:15PM	5:30PM – 6:00PM	5:30PM – 6:00PM	5:30PM – 6:15PM	10:00AM – 10:45AM
6:00PM – 6:45PM	6:15PM – 7:00PM	6:00PM – 6:45PM	6:00PM – 6:45 PM	6:15PM – 7:00PM	10:45AM – 11:30AM
6:45PM – 7:30PM	7:00PM – 7:45PM	6:45PM – 7:30PM	6:45PM – 7:30PM	7:00PM – 7:45PM	11:30AM – 12:15PM
7:30PM – 8:15PM <b>S.W.A.T. Special Weapons Action Team</b>	7:45PM – 8:30PM <b>Super Spartan Sparring Team</b>	7:30PM – 8:15PM <b>Leader-Varsity Program</b> <i>*By Invitation Only*</i>	7:30PM – 8:15PM <b>Hollywood Stunt Class</b>	7:45PM – 8:30PM <b>Peak Performance Pattern Team</b>	
<b>Black Belt Club and Masters Club Only</b>	<b>Black Belt Club and Masters Club Only</b>	<b>Black Belt Club and Masters Club Only</b>	<b>Black Belt Club and Masters Club Only</b>	<b>Black Belt Club and Masters Club only</b>	
8:15PM – 9:00PM <b>Black Belt Preparation Class</b>	8:30PM – 9:15PM <b>Black-Red Preparation Class</b>	8:15PM – 9:00PM <b>Black Belt Preparation Class</b>	8:15PM – 9:00PM <b>Black-Red Preparation Class</b>		
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