

OMAC TAEKWONDO *World Class Martial Arts* **Starts Sep 4th 2018** www.omacworldclassmartialarts.com

Tel: (905) 542-8801 Mississauga

1240 Eglinton St. W. #B13(Roseborough Centre)

MON	TUE	WED	THUR	FRI	SAT
4:00-5:00pm After School Program 4:30-5:00pm <i>Little Dragon</i>	4:00-5:00pm After School Program 4:30-5:00pm <i>Little Dragon</i>	4:00-5:00pm After School Program 4:30-5:00pm <i>Little Dragon</i>	4:00-5:00pm After School Program 4:30-5:00pm <i>Little Dragon</i>	4:00-5:00pm After School Program 4:30-5:00pm <i>Little Dragon</i>	10:00 - 10:30AM Tiny Tigers
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	10:30-11:15AM 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 Black Belt 2 nd Dan & Up	11:15-12:00PM Orange - Green "Sparring"
7:15-8:00PM Black Belt 1 st Dan	7:30 - 8:15PM BL White/ BL Red	7:15-8:00PM BL W/BL R "Booster Class"	7:15 - 8:00PM Purple - Red "Booster Class"	7:30-8:15PM DEMO TEAM	12:00 - 12:45PM Purple - Black Red "Sparring"
8:00-8:45PM Adult All Belts	8:15-9:00PM Black Belt 2 nd Dan & Up	8:00-8:45PM *Weaponry All Black	8:00 - 8:45PM BL White/ BL Red	8:15-9:00PM INSTRUCTORS MEETING	12:45 - 01:30PM All Black Belts
8:45-9:30PM PRIVATE LESSONS	9:00-9:30PM PARENTS MEETING	8:45-9:30PM Adult All Belts	8:45 - 9:30PM Black Belt 1 st Dan	9:00-9:30PM PRIVATE LESSONS	OMAC Birthday Parties! Please Book 3 Wks in Advance!

If you enjoy our program, invite Friends & Family to OMAC to receive a \$50 gift certificate.
Ask for free trial at the front desk. Thank you for your continual support!