



# OMAC

**OMACMARTIALARTS.CA**

**(905)-417-7880**

**1490 MAJOR MACKENZIE DRIVE UNIT D1-D2 (YUMMY MARKET PLAZA)**

**MON**

**TUES**

**WED**

**THURS**

**FRI**

**SAT**

3:00-6:00PM  
After School  
Program

3:00-6:00PM  
After School  
Program

3:00-6:00PM  
After School  
Program

3:00-6:00PM  
After School  
Program

3:00-6:00PM  
After School  
Program

9:30-10:00AM  
Tiny Tiger  
All Belts

5:30-6:15PM  
Orange to Green

5:30-6:00PM  
Tiny Tiger  
All Belts

5:30-6:15PM  
White to Yellow

5:30-6:00PM  
Tiny Tiger  
All Belts

5:30-6:15PM  
White to Yellow

10:00-10:45AM  
White to Yellow

6:15-7:00PM  
White to Yellow

6:00-6:45PM  
Purple to Red

6:15-6:45PM  
Tiny Tiger  
All Belts

6:00-6:45PM  
Orange to Green

6:15-7:00PM  
Orange to Green

10:45-11:30AM  
Orange to Green

7:00-7:45PM  
Purple to Red

6:45-7:30PM  
White to Yellow

6:45-7:30PM  
Orange to Green

6:45-7:30PM  
Purple to Red

7:00-7:45PM  
Purple to Black

11:30AM-12:15PM  
Purple to Black

7:45-8:30PM  
Family Class  
All Belts

7:30-8:15PM  
Black White to  
Black

7:30-8:15PM  
Family Class  
All Belts

7:30-8:15PM  
Family Class  
All Belts

7:45-8:30PM  
OLYMPIC  
SPARRING CLASS  
\*Black Belt Club Members Only\*

12:15-1:00PM  
MMA /SELF DEFENCE  
CLASS  
\*Black Belt Club Members Only\*

8:30-9:15PM  
Black White to  
Black

8:15-9:00PM  
STUNT/DEMO  
CLASS  
\*Black Belt Club Members Only\*

8:15-9:00PM  
Teen/Adult  
All Belts

7:30-8:15PM  
ELITE  
WEAPONS CLASS  
\*Black Belt Club Members Only\*



8:15-9:00PM  
PATTERN BOOSTER  
CLASS  
\*Black Belt Club Members Only\*

8:15-9:00PM  
Black White to  
Black

**IF YOU ENJOY OUR PROGRAM, INVITE YOUR FRIENDS & FAMILY TO OMAC TO RECEIVE A \$50 GIFT CARD**