



Classical Martial Arts Centre (CMAC Hasu & Sakura Dojo)

Karate Introductory Schedule - Effective Sept 6, 2011

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			
	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		
Afternoon Classes							
Introductory - White, 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	

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

