



Classical Martial Arts Centre

(CMAC Sakura Dojo)

Children & Youth Schedule - Effective Sept 11, 2010

KARATE-DO & JIU-JITSU CHILDREN & YOUTH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 & 4	4:15-4:45	4:15-4:45	4:15-4:45			11:15-11:45	
5 - 7	5:00-5:45		5:00-5:45			11:45-12:30	
8-12 White - Yellow		4:45-5:45		4:45-5:45		12:30-1:30	
8-12 Yellow/Orange & Up		5:50-6:50		5:50-6:50		12:30-1:30	
13-16 White - Orange		7:00-8:00		7:00-8:00		1:30-2:30	
13-16 Orange/Green & Up		6:45-8:00		6:45-8:00		1:30-2:45	

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

