Classical Martial Arts Centre

28 Bridgeport Rd. E. Waterloo, Ontario, N2J 2J5

519-888-6624 cmac1.net

Head Instructor: Sensei Gregg Skoryk

Sept. 6 To December 2011

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CHILDREN'S CLASSES	4 and 5 year olds	4:00-4:45						
	6 and 7 year olds	5:00-6:00					10:00-11:00	
	8 and 9 year olds		5:00-6:00				11:15-12:15	
	10 and 11 year olds			5:00-6:00			12:30-1:30	
	12 and up				5:00-6:00		1:45-2:45	
	Kata Practice			4:30-5:00				
	Children's Weapons				4:15-5:00			
ADULT CLASSES	White/Yellow/Orange	7:15-8:15		6:15-7:15				
	Green /Blue/ Brown		6:15-7:15		6:15-7:15			
	Black Belts		6:15-7:45		6:15-7:15			
	Open—All Belts	12:00-1:00		12:00-1:00		12:00-1:00 6:00 pm		
	Tai Chi			7:15 pm	12:00-1:00		8:30 am	
	Weapons	6:15 pm	12:00-1:00		7:15 pm			

The Person Who Thinks About Doing Something Is Usually Passed By Someone Already Doing It.