

ACADEMY OF MARTIAL ARTS

Monday	
Upper	Lower
	12:00 - 12:45pm. Tai Chi
	1:00 - 1:45pm. Adult Karate
	2:00 - 2:45pm. Tai Chi
4:30 - 5:30 pm. 8-10 Beginner	4:30 - 5:30 pm. 11-14 Beginner
5:45 - 6:45 pm. Youth (Green +)	6:15 - 7:00 pm. Tai Chi
7:00 - 8:00 pm. Youth (Brown / Black)	7:00 - 8:00 pm. Adult Beginner
8:00 - 9:30 pm. Ni Dan +	8:15 - 9:15 pm. Adult (Orange / Green)

Tuesday	
Upper	Lower
	12:00 - 12:45pm. Adult Karate
	1:00 - 1:45pm. Tai Chi
4:30 - 5:30 pm. 8-10 (Orange / Red)	4:30 - 5:15 pm. 5-7 Kids
5:45 - 6:45 pm. 8-10 Beginner	5:45 - 6:45 pm. 11-14 Beginner
7:00 - 8:00 pm. Adult (Blue / Brown)	7:00 - 8:00 pm. 11-14 (Orange / Red)
8:15 - 9:15 pm. Goal Masters	8:15 - 9:15 pm. Adult Goshin Jutsu

Wednesday	
Upper	Lower
	12:00 - 12:45pm. Adult Karate
	2:00 - 4:00 pm. Adult Open Mat
4:30 - 5:30 pm. Youth (Green / Purple)	4:30 - 5:30 pm. 11-14 (Orange / Red)
5:45 - 6:30 pm. 5-7 Kids	5:45 - 6:45 pm. 8-10 Beginner
6:45 - 7:45 pm. Tai Chi (Orange +)	7:00 - 8:00 pm. 11-14 Beginner
8:00 - 9:30 pm. Sho Dan	8:15 - 9:15 pm. Adult Beginner

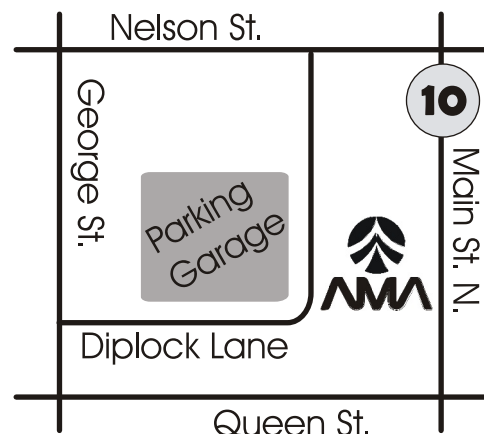
**Effective
August 15, 2011**



South Dojo

**41 Main Street North
Brampton**

905.450.9925



Thursday	
Upper	Lower
9:30 - 11:00 am. Private Function	9:15 - 10:15 am. Tai Chi (Brown +)
12:15 - 12:45 pm. Corp. Pilates	10:30 - 11:30 am. Ni Dan +
1:15 - 1:45 pm. Corp. Pilates	
4:30 - 5:30 pm. Adult (Blue / Brown)	4:30 - 5:15 pm. 5-7 Kids
5:45 - 6:30 pm. 5-7 Kids	5:30 - 6:30 pm. 8-10 (Orange / Red)
6:45 - 7:45 pm. Adult (Orange / Green)	6:45 - 7:45 pm. 8-10 Beginner
8:00 - 9:15 pm. Beginner Ju Jutsu	8:00 - 9:00 pm. Adult Kata

Friday	
Upper	Lower
4:30 - 5:30 pm. 11-14 Beginner	4:30 - 5:30 pm. 8-10 Beginner
5:45 - 6:15 pm. Tykes	5:45 - 6:30 pm. 5-7 Kids
6:30 - 7:30 pm. 8-10 Beginner	6:45 - 7:45 pm. 8-10 (Orange / Red)
7:45 - 9:30 pm. Intermediate Ju Jutsu	8:00 - 9:00 pm. 11-14 (Orange / Red)

Saturday	
Upper	Lower
8:30 - 9:30 am. Tai Chi	9:15-9:45 am. Tykes
9:45 - 11:00 am. AMA REP	10:00-10:45 am. 5-7 All Belts
11:15 -12:15 pm. 8-10 All Belts	11:00 -12:00 pm. Adult Beginner
12:30 - 1:30 pm. 11-14 All Belts	12:15 - 1:15 pm. Adult Kobudo
1:30 - 2:30 pm. Adult Kumite (Orange+)	

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Forever Strong.

41 Main Street North 905.450.9925