

# CMAC MISSISSAUGA CLASS SCHEDULE SEPTEMBER 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am						8:30am-9:15am Tai Chi/ Pa Qua/ Qi Gong	
9:00 am		<b>SCHEDULE EFFECTIVE SEPTEMBER 5, 2017</b>  <b>October 22:</b> Seminars with Hanshi Platt and Black Belt Grading <b>October 25:</b> World Karate Day: 100 Kata for Karate  <b>Examinations:</b> September 23, October 21, November 18, December 16 <b>Dojo Closures:</b> October 7-9, December 23-January 5				9:30-10:30am Karate 4-7yr	10:00-11:00am Karate 4-7yr
10:00 am						10:30-11:30am Karate 8-12yr All Belt Levels	11:00am-12:00pm Karate 8-12yr All Belt Levels
11:00 am						11:45am-1:00pm Karate Adults - All Belt Levels	
12 pm							
1:00 pm						1:00pm-2:00pm Kobudo	
3:00 pm	Opens at 4:00pm	Opens at 3:00pm	Opens at 3:00pm	Opens at 4:00pm	Opens at 4:00pm	2:00pm-3:00pm Arnis Open Class-Practice Session	
5:00 pm	5:00-5:30pm Karate Youth 13-17yr Dai Ni Program Open to Yellow Belt and up	5:00-6:00pm Karate 4-7yr	5:00-5:30pm Karate 8-12yr Dai Ni Program Open to Yellow Belt and up	5:30-6:30pm Karate 8-12yr All Belt Levels	5:00-5:30pm Karate Youth 13-17yr Dai Ni Program Open to 5 <sup>th</sup> Kyu Yellow Belt and up		
6:00 pm	5:30-6:30pm Karate Youth 13-17 yr All Belt Levels	6:00-6:30pm Karate 8-12yr Dai Ni Program Open to Yellow Belt and up	5:30-6:30pm Karate 8-12yr All Belt Levels	6:45-7:45pm Karate Adults All Belt Levels Begin at 6:45pm	5:30-6:30pm Karate Youth 13-17 yr All Belt Levels		
7:00 pm	7:00-8:00pm Karate Adults All Belt Levels Begin at 7:00pm	6:30-7:30pm Karate 8-12yr All Belt Levels	6:30-7:30pm Karate 4-7yr	White-Green Belts bow out at 7:45pm Blue-Brown Belts bow out at 8:15pm Black Belts bow out at 8:45pm	6:45-7:15 Karate Adults Mudansha and Grading Preparation		
8:00 pm	White-Green Belts bow out at 8:00pm Blue-Brown Belts bow out at 8:30pm Black Belts bow out at 9:00pm	7:45-9:30pm Arnis	7:45-8:45pm Qi Gong /Tai Chi				
9:00 pm	9:00pm Iaido		8:45-9:30 Instructors' Class	8:45pm Kobudo			

SCHEDULE EFFECTIVE **SEPTEMBER 5, 2017**

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