



## ANCASTER

1191 Wilson St, W  
Ancaster ON

Effective  
September 2023

### Email

omac.ancaster  
@omacmartialarts.ca

### Instagram

@omac.ancaster

### Facebook Page

OMAC Ancaster

### Website

omacmartialarts.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01:00pm - 02:00pm		01:00pm - 02:00pm		09:30am - 10:00am
	Adult Class		Adult Class		Tiny Tigers
02:30pm - 05:30pm	02:30pm - 05:30pm	02:30pm - 05:30pm	02:30pm - 05:30pm	02:30pm - 05:30pm	10:00am - 10:45am
After School Program	After School Program	After School Program	After School Program	After School Program	White - Yellow

05:30pm - 06:00pm	05:30pm - 06:00pm	05:30pm - 06:00pm	05:30pm - 06:00pm	05:30pm - 06:00pm	10:45am - 11:30am
Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Tiny Tigers	Orange - Red
06:00pm - 06:45pm	06:00pm - 06:45pm	06:00pm - 06:45pm	06:00pm - 06:45pm	06:00pm - 06:45pm	11:30am - 12:15pm
White - Yellow	Orange & Up	White - Yellow	Orange - Red	White - Yellow	Adult Class
06:45pm - 07:30pm	06:45pm - 07:30pm	06:45pm - 07:30pm	06:45pm - 07:30pm	06:45pm - 07:30pm	12:15pm - 01:15pm
Black White & Up	White - Yellow	Orange - Red	White - Yellow	Black White & Up	Black White & Up
07:30pm - 08:15pm	07:30pm - 08:15pm	07:30pm - 08:15pm	07:30pm - 08:15pm	07:30pm - 08:15pm	02:00pm - 04:00pm
Orange - Red	Black White & Up	Black White & Up	Black White & Up	Orange - Red	
08:15pm - 09:00pm	08:15pm - 09:00pm	08:15pm - 09:00pm	08:15pm - 09:00pm	08:15pm - 09:00pm	
Adult Class	Adult Class	Adult Class	Adult Class	Adult Class	Book at least 1 month in advance