

# OMAC BURLINGTON CLASS SCHEDULE



## DOJANG 1

**EFFECTIVE DATE: SEPTEMBER 6, 2023**

MON	TUE	WED	THU	FRI	SAT
3:00 PM – 5:30 PM AFTER SCHOOL	3:00 PM – 5:30 PM AFTER SCHOOL	3:00 PM – 5:30 PM AFTER SCHOOL	3:00 PM – 5:30 PM AFTER SCHOOL	3:00 PM – 5:30 PM AFTER SCHOOL	9:30 – 10:15 AM BEGINNER
5:30 PM – 6:15 PM BEGINNER	5:45 PM – 6:15 PM TINY TIGER	5:30 PM – 6:15 PM BEGINNER	5:45 PM – 6:15 PM TINY TIGER	5:45 PM – 6:15 PM TINY TIGER	10:20 – 11:05 AM BLACK BELT TEST <b>PREP. CLASS</b> BLACK RED & UP
6:20 PM – 7:05 PM GREEN – BROWN	6:20 PM – 7:05 PM YELLOW – BLUE	6:20 PM – 7:05 PM YELLOW – BLUE	6:20 PM – 7:05 PM YELLOW – BLUE	6:20 PM – 7:05 PM YELLOW – BLUE	11:10 – 12:10 AM COMPETITION TEAM SPARRING / PATTERN
7:10 PM – 7:55 PM RED/BLACK WHITE	7:10 PM – 7:55 PM GREEN – BROWN	7:10 PM – 8:10 PM SPARRING <b>GREEN BELT &amp; UP</b> AGE 6 – 12	7:10 PM – 7:55 PM RED/BLACK WHITE	7:10 PM – 7:55 PM GREEN – BROWN	12:15 – 01:15 PM DEMO TEAM <b>INVITATION ONLY</b>
8:00 PM – 8:45 PM BLACK BELT	8:00 PM – 8:45 PM TEEN & ADULT		8:00 PM – 8:45 PM TEEN & ADULT	8:00 PM – 8:45 PM BLACK BELT	

**FOR MORE INFORMATION**

**905-315-8800 / [BURLINGTON@OMACMARTIALARTS.CA](mailto:BURLINGTON@OMACMARTIALARTS.CA)**

# OMAC BURLINGTON CLASS SCHEDULE



## DOJANG 2

**EFFECTIVE DATE: SEPTEMBER 6, 2023**

MON	TUE	WED	THU	FRI	SAT
3:00 PM – 5:30 PM AFTER SCHOOL	3:00 PM – 5:30 PM AFTER SCHOOL	3:00 PM – 5:30 PM AFTER SCHOOL	3:00 PM – 5:30 PM AFTER SCHOOL	3:00 PM – 5:30 PM AFTER SCHOOL	9:30 - 10:00 AM TINY TIGER
6:20 PM – 7:05 PM BLACK BELT CLUB BLACK BELT PATTERN	6:20 PM – 7:05 PM BLACK BELT CLUB ALL BELT SPARRING	6:20 PM – 7:05 PM BLACK BELT CLUB BLACK BELT WEAPON	6:20 PM – 7:05 PM BLACK BELT CLUB COLOR BELT PATTERN	6:20 PM – 7:05 PM BLACK BELT CLUB COLOR BELT WEAPON	
7:10 PM – 7:55 PM BLACK RED	7:10 PM – 7:55 PM RED/BLACK WHITE	7:10 PM – 8:10 PM SPARRING ALL BELT AGE 12 – UP	7:10 PM – 7:55 PM BLACK RED	7:10 PM – 7:55 PM BLACK RED	
	8:00 PM – 8:45 PM LEADERSHIP TEAM		8:00 PM – 8:45 PM BLACK BELT	8:00 PM – 8:45 PM TEEN & ADULT	

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# OMAC BURLINGTON

## SATURDAY SPECIAL CLASS



**EFFECTIVE DATE: SEPTEMBER 6, 2023**

SEPT 9	SEPT 16	SEPT 23	OCT 14	OCT 21	OCT 28
<b>BLAK BELT TESTING</b> <i>PREP. CLASS</i> BLACK/RED – BLACK PATTERN <b>\$FREE</b>	<b>BLAK BELT TESTING</b> <i>PREP. CLASS</i> BLACK/RED – BLACK SELF-DEFENSE <b>\$FREE</b>	<b>BLAK BELT TESTING</b> <i>PREP. CLASS</i> BLACK/RED – BLACK POWER BREAKING <b>\$FREE</b>	<b>BLAK BELT TESTING</b> <i>PREP. CLASS</i> BLACK/RED – BLACK PATTERN <b>\$FREE</b>	<b>BLAK BELT TESTING</b> <i>PREP. CLASS</i> BLACK/RED – BLACK SELF-DEFENSE <b>\$FREE</b>	<b>BLAK BELT TESTING</b> <i>PREP. CLASS</i> BLACK/RED – BLACK POWER BREAKING <b>\$FREE</b>
<b>PATTERN COMPETE</b> <i>SEMINAR</i> GREEN – BLACK/RED <b>\$20</b>	<b>PATTERN COMPETE</b> <i>SEMINAR</i> BLACK <b>\$20</b>	<b>PATTERN COMPETE</b> <i>SEMINAR</i> 1. GREEN – BLACK/RED 2. BLACK <b>\$20</b>	<b>SPARRING COMPETE</b> <i>SEMINAR</i> GREEN-BLACK/RED <b>\$20</b>	<b>SPARRING COMPETE</b> <i>SEMINAR</i> BLACK <b>\$20</b>	<b>SPARRING COMPETE</b> <i>SEMINAR</i> 1. GREEN – BLACK/RED 2. BLACK <b>\$20</b>
<b>DEMO TEAM</b> <i>TRAINING SEMINAR</i> RED – BLACK BASIC MOVEMENT <b>\$FREE</b>	<b>DEMO TEAM</b> <i>TRAINING SEMINAR</i> RED – BLACK REQUIRED KICKS <b>\$FREE</b>	<b>DEMO TEAM</b> <i>TRAINING SEMINAR</i> RED – BLACK WEAPON <b>\$FREE</b>	<b>DEMO TEAM</b> <i>TRAINING SEMINAR</i> RED – BLACK GYMNASTICS <b>\$FREE</b>	<b>DEMO TEAM</b> <i>TRAINING SEMINAR</i> RED – BLACK TKD DANCE <b>\$FREE</b>	<b>DEMO TEAM</b> <i>AUDITION</i> RED – BLACK BASIC MOVEMENT <b>\$FREE</b>

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