

OMAC BURLINGTON CLASS SCHEDULE



DOJANG 1

EFFECTIVE DATE: JANUARY 8th, 2024

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 – 11:20 AM BLACK RED & BLACK BELT TESTING PREP. CLASS
6:20 PM – 7:05 PM GREEN – BROWN	6:20 PM – 7:05 PM YELLOW – BLUE	6:20 PM – 7:05 PM SPARRING PREP. YELLOW – BLUE	6:20 PM – 7:05 PM YELLOW – BLUE	6:20 PM – 7:05 PM YELLOW – BLUE	SEMINAR & FUN EVENTS CHECK EMAIL FOR DETAIL
7:10 PM – 7:55 PM BLACK BELT	7:10 PM – 7:55 PM GREEN – BROWN	7:10 PM – 8:00 PM SPARRING GREEN BELT & UP AGE 6 – 11	7:10 PM – 7:55 PM BLACK RED	7:10 PM – 7:55 PM GREEN – BROWN	SUNDAY 6:00 PM – 7:00 PM BJJ – COACH DEX
8:00 PM – 8:45 PM TEEN & ADULT	1. 8:00 PM – 9:00 PM 2. 9:00 PM – 10:00 PM BJJ – COACH DEX	1. 8:00 PM – 9:00 PM 2. 9:00 PM – 10:00 PM BJJ – COACH DEX	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

OMAC BURLINGTON CLASS SCHEDULE



DOJANG 2

EFFECTIVE DATE: JANUARY 8th, 2024

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
					X
6:00 PM – 7:00 PM COMPETITION TEAM PATTERN	6:20 PM – 7:05 PM BLACK BELT CLUB SPARRING	6:00 PM – 7:00 PM COMPETITION TEAM SPARRING	6:20 PM – 7:05 PM BLACK BELT CLUB WEAPON & STUNT	6:00 PM – 7:00 PM COMPETITION TEAM CONDITIONING	
7:10 PM – 7:55 PM RED & BLACK WHITE	7:10 PM – 7:55 PM BLACK RED	7:10 PM – 8:00 PM SPARRING ALL BELT AGE 12 – UP	7:10 PM – 7:55 PM RED & BLACK WHITE	7:10 PM – 7:55 PM RED & BLACK WHITE	
	8:00 PM – 8:45 PM LEADERSHIP TEAM		8:00 PM – 8:45 PM BLACK BELT	8:00 PM – 8:45 PM TEEN & ADULT	

FOR MORE INFORMATION

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