



# OMAC

WORLD CLASS  
MARTIAL ARTS

905-827-7388 / 3517 Wycroft Road, Oakville  
OMACMARTIALARTS.CA

**EFFECTIVE SEPT 4TH 2024**

| MON                              | TUES   | WED                              | THURS   | FRI                              | SAT  |
|----------------------------------|--|----------------------------------|---|----------------------------------|--|
| 5:15 – 6:00 PM<br>Orange - Blue  | 5:15 – 6:00 PM<br>White - Yellow                           | 5:15 – 6:00 PM<br>Orange - Blue  | 5:15 – 6:00 PM<br>White - Yellow                | 5:15 – 6:00 PM<br>Green - Brown  | 11:00 – 11:45 AM<br>Demo Team/<br>Leadership Class             |
| 6:00 – 6:30 PM<br>Tiny Tigers    | 6:00 – 7:00 PM<br>Green - Red<br>(Sparring Class)          | 6:00 – 6:30 PM<br>Tiny Tigers    | 6:00 – 6:45PM<br>Orange - Blue                  | 6:00 – 6:45 PM<br>Red -Black Red | 12:00 – 1:30 PM<br>Competitive Sparring<br>Class (Invite Only) |
| 6:30 – 7:15 PM<br>Green - Purple | 7:00 – 8:00 PM<br>Black W - Black Belt<br>(Sparring Class) | 6:30 – 7:15 PM<br>Green - Purple | 6:45 – 7:30 PM<br>Brown - Red                   | 6:45 – 7:30 PM<br>White - Blue   |  |
| 7:15 – 8:00 PM<br>Brown - Red    |  | 7:15 – 8:00 PM<br>All Black Belt | 7:30 – 8:15 PM<br>Black W/R &<br>Black 1st Dan  |                                  |  |
| 8:00 – 8:45 PM<br>Teen / Adult   |  | 8:00 – 8:45 PM<br>Teen / Adult   | 8:15 PM - 9:00 PM<br>Black Belt<br>2nd Dan & up |                                  |  |

Invite your friends & family to  
OMAC to receive \$50 Gift Certificate

