



# WINTER CLASS SCHEDULE

## Effective date January 2nd, 2017

Hours of Operation: Monday - Thursday 12:00pm – 9:00pm; Friday 12:00pm – 8:00pm; Saturday 9:00am - 3:30pm

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs	Downstairs	Upstairs
										9:00-9:45am	9:00-9:30am
										Ninjas (5-7)	Dragons (3-5)
										10:00-10:45am	10:00-10:45pm
										Youth Karate (All Belts)	Adult Karate (14+)
										Leadership	Leadership
										11:00-12:00pm	11:00-11:30am
										Kick Boxing Bag/ Drills	BBC Youth Self Defense
4:30-5:30pm	5:00-5:45pm	5:00-5:30pm	5:00-5:45pm	4:30-5:30pm	5:30-6:15pm	5:00-5:45pm		4:30-5:30pm		12:00-12:45pm	12:00-1:00pm
Kick Boxing Bag/Drills	Ninja/Dragons (3-7)	Dragons (3-5)	Ninjas (5-7)	Kick Boxing Bag/Drills	Ninjas (5-7)	Youth Beg. Karate (8-13)		Kick Boxing Bag/ Drills		BBC Youth Sparring (8-13)	Cardio Kick Boxing
5:45-6:45pm	6:00-6:45pm	5:45-6:45pm	6:00-6:45pm	5:45-6:30pm	6:15-7:00pm	5:45-6:30pm	6:00-6:30pm	5:45-6:30pm	5:00-5:45pm	12:45-1:30pm	
Youth Int./Adv. Karate (8-13)	Youth Beg. Karate (8-13)	Youth Int./Adv. Karate (8-13)	Youth Beg. Karate (8-13)	Youth Beg. Karate (8-13)	Advanced Karate (8-13)	BBC Open Extreme Forms (All Ages)	Dragons (3-5)	BBC Youth Sparring (8-13)	Ninja/Dragons (3-7)	BBC. Youth Bo Class (8-13)	
Leadership	Leadership	Leadership	Leadership								
7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	7:00-8:00pm	6:30-7:15pm	6:30-7:15pm		1:30-2:30pm	1:30-2:15pm
Kick Boxing Bag/ Drills	Black Belt Class (All Ages) Black Belts Only	Kick Boxing Bag/ Drills	Black Belt Class (All Ages) Black Belts Only	Adult Karate (14+)	Cardio Kick Boxing	Kick Boxing Bag/ Drills	Youth Int. Karate (8-13)	BBC. Youth/Adult Bo Class (8-13)		Comp. Forms (All Ages)	BBC Forms (All Ages)
							Leadership				
8:00-9:00pm	8:00-9:00pm	8:00-9:00pm		8:00-9:00pm	8:00-9:00pm	8:00-9:00pm	7:30-8:15pm			2:30-3:30pm	
Comp. Bo Class (All Ages)	Adult Karate (14+)	Adult Point and Cont. Sparring (14+)		Comp. Karate and Demo Team Class	Open Training (All Levels)	BBC Adult Sparring (14+)	Advanced Karate (8-13)			Comp. Sparring (All Ages)	

**Beginner Karate:** White - Green Stripe // **Intermediate Karate:** Green - Red Stripe // **Advanced Karate:** Red-Black Belt

<b>Legend</b>	Dragons Karate Ages 3-5	Ninjas Karate Age 5-7	Youth Karate Age 8-13	Adult Karate Ages 14+	Beginner Kick Boxing Ages 14+	Competition Team Only
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**CSMA** - 59 Iber Road, Unit 29, Stittsville K2S 1E7 // **Phone** (613) 831-8085, **Fax** (613) 831-8030, **Email:** csma@me.com  
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**Name:** \_\_\_\_\_ **Appointment Date:** \_\_\_\_\_ **Appointment Time:** \_\_\_\_\_ **Staff Initials:** \_\_\_\_\_