



FALL CLASS SCHEDULE

Effective date September 25, 2017

Hours of Operation: Monday - Thursday 12:00pm – 9:00pm; Friday 12:00pm – 7:30pm; Saturday 9:00am - 1:30pm

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 Kick Boxing Bag/Drills	5:00-5:45pm Ninja/Dragons (3-7)	5:00-5:30pm Dragons (3-5)	5:00-5:45pm Ninjas (5-7)	4:30-5:30pm Kick Boxing Bag/Drills	5:30-6:15pm Ninjas (5-7)	5:00-5:45pm LC Open Extreme Forms (All Ages)	5:00-5:30pm Dragons (3-5)	4:30-5:30pm Kick Boxing Bag/ Drills		12:00-12:45pm BBC Youth Sparring (8-13)	12:00-1:00pm Cardio Kick Boxing
5:45-6:45pm Youth Int./Adv. Karate (8-13)	6:00-6:45pm Youth Beg. Karate (8-13)	5:45-6:45pm Youth Int./Adv. Karate (8-13)	6:00-6:45pm Youth Beg. Karate (8-13)	5:45-6:30pm Youth Beg./Adv. Karate (8-13)		5:45-6:45pm Youth Int./Adv. Karate (8-13)	6:00-6:45pm Youth Beg. Karate (8-13)	5:45-6:30pm BBC Youth Sparring (8-13)	5:00-5:45pm Ninja/Dragons (3-7)	12:45-1:30pm LC Youth Bo Class (8-13)	
Leadership	Leadership	Leadership	Leadership	Leadership		Leadership	Leadership				
7:00-8:00pm Kick Boxing Bag/ Drills	6:45-7:45pm Black Belt Class (All Ages) Black Belts Only	7:00-8:00pm Kick Boxing Bag/ Drills	7:00-8:00pm Black Belt Class (All Ages) Black Belts Only	7:00-8:00pm Adult Karate (14+)	7:00-8:00pm Cardio Kick Boxing	7:00-8:00pm Kick Boxing Bag/ Drills	7:00-7:45pm BBC Forms (All Ages)	6:30-7:15pm LC Youth/Adult Bo Class (8-13)			
8:00-9:00pm Comp. Bo Class (All Ages)	8:00-9:00pm Adult Karate (14+)	8:00-9:15pm Comp. Sparring (All Ages)	8:00-8:30pm Int/ Adv Kick Boxing	8:00-9:00pm Comp. Forms (All Ages)	8:00-9:00pm Open Training (All Levels)	8:00-9:00pm BBC Adult Sparring (14+)	8:00-8:30pm Int/ Adv Kick Boxing				

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

Legend	Dragons Karate Ages 3-5	Ninjas Karate Age 5-7	Youth Karate Age 8-13	Adult Karate Ages 14+	Beginner Kick Boxing Ages 14+	LC/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
Check Out Our Schedule and Events Online @ www.csma.ca

Name: _____ Appointment Date: _____ Appointment Time: _____ Staff Initials: _____