



WINTER CLASS SCHEDULE

Effective date January 22, 2018

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

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+	Leadership Program Only (6-13)
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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: _____