



# New Schedule - Effective Sept. 6<sup>th</sup>, 2016

AMA Milton  
3-150 Nipissing Rd.  
Milton ON. L9T 5B3  
905-593-1550

	Mon		Tue		Wed		Thur		Fri		Sat	
	Dojo		Dojo		Dojo		Dojo		Dojo		Dojo	
	A	B	A	B	A	B	A	B	A	B	A	B
10 AM											Kw-wA	
11 AM											Yy-oA	
12 AM											Yw-wA	
5 PM	Kw-wA	Yr-JrB	Yy-oA	Yr-JrB	Yw-wA		Yy-oA		Kw-wA			
6 PM	Yy-oA	BBC	REP		Kw-wA		Kw-wA	Yr-JrB	Yw-wA			
7 PM	Yw-wA	Adult Open	AFK		Yy-oA	Yr-JrB	Yw-wA	YFK	Yy-oA	Yr-JrB		
8 PM	Tai Chi		Black			Adult Open		Adult Open		Adult Open		
9 PM						Adult Open		Adult Open		Adult Open		

**Kw-wA** -> Kids 4-7 years of age White Belt and White with Black Stripe (White Adv.)

**Yw-wA** -> Youth 8-15 years of age White Belt to White Adv.

**Yy-oA** -> Kids 5-7 & Youth 8-15 Yellow Belt to Orange Adv.

**Yr-JrB** -> Youth 8-15 Red Belt to Jr. Black

**Adult Open** -> All Adults

**BBC** -> Black Belt Club

**REP** -> Designated Rep. Team Practice

**AFK** -> Adult FitKick

**YFK** -> Youth FitKick

