



# KARATE

makes everything better

THE ACADEMY OF MARTIAL ARTS **AMADOJO.COM** 905-567-0644

Celebrating Our 20<sup>th</sup> Year!

EFFECTIVE SEPTEMBER 6<sup>th</sup> 2016

Celebrating Our 20<sup>th</sup> Year!

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
12pm	ADULT OPEN	<b>PILATES</b> 11:45 -12:30	ADULT OPEN  PILATES 1:00 – 1:45		ADULT OPEN		
4:30	4 – 7 Beginner White – Orange  8 – 10 Beginner White - Yellow	10 – 14 Youth White – Orange Adv.  8 – 10 Junior Yellow - Orange Adv.	10 – 14 Youth Red - Blue	3 – 4 AMaZing Tykes 4:30 – 5PM (30 Minutes)	8 – 10 Intermediate Red – Green Adv.  4 – 9 Beginner White - Orange	9:00am	3 – 4 AMaZing Tykes 9:30 – 10AM (30 minutes)  <b>TAI CHI</b> Teen & Adult
5:30	8 -10 Intermediate Red – Green Adv.  10 - 14 Youth White -Orange Adv.	4 – 7 Beginner White - Orange  8 – 10 Beginner White - Yellow  <b>REP TEAM YOUTH (10+)</b>	<b>Black Belt Club Kids</b>  8 – 10 Intermediate Red – Green Adv.  10 – 14 Youth White – Orange Adv.	4 – 9 Beginner White - Orange  ADULT Senior (15+) Green - Black  8 – 10 Junior Yellow–Orange Adv.	10 – 14 Youth Purple - Brown  10 – 14 Youth White – Orange Adv.  <b>WORKSHOPS</b>	10:00	4 – 7 Beginner White – Orange  <b>REP TEAM KIDS (6 – 9)</b>
6:30	<b>AMA French Class Kids &amp; Teens</b>  10 – 14 Youth Red - Blue  ADULT OPEN 15+ All Belt Ranks	8 – 10 Intermediate Red – Green Adv.  10 – 14 Youth Purple - Brown  <b>TAI CHI</b> Teen & Adult	4 – 9 Beginner White - Orange  8 – 10 Junior Yellow-Orange Adv.  ADULT Beginner White - Orange	10 – 14 Youth White – Orange Adv.  10 – 14 Youth Red - Blue  ADULT Beginner White - Orange	ADULT OPEN (15+) Karate Conditioning	11:00	10 – 14 Youth Open All Belt Ranks  8 – 10 Beginner White - Orange  <b>WORKSHOPS</b>
7:30	<b>JUJITSU OPEN</b> All Belt Ranks (13+)	ADULT OPEN (15+) All Belt Ranks	<b>Black Belt Club Teen &amp; Adult</b>  ADULT OPEN (15+) All Belt Ranks	10 – 14 Youth Purple – Brown  <b>PILATES</b>		12:00	ADULT OPEN (15+) KATA
8:30		BLACK BELT All Dan Ranks	ADULT (15+) Brown & Black All Stripes & Dan Ranks			1:00	<b>GRADINGS</b> 1:00, 1:30 & 2:00

ALL Classes are 50 minutes in duration unless stated otherwise.