



TOMS MARTIAL ARTS

AND FITNESS CENTRE INC



| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Time | Saturday | Sunday | |
|--------|--|---|---|---|--|---|---|----------------|--|
| 5:00pm | 5:00 - 6:00pm Kids Karate (White and Yellow) | 5:00 - 5:45pm Karate Tykes (Ages 4 to 6yrs) | 5:00 - 6:00pm Kids Karate (Orange and Up) | 5:00 - 5:45pm Karate Tykes (Ages 4 to 6yrs) | | 10:00am | 10:15 - 11:00am Karate Tykes (Ages 4 to 6yrs) | Dojo Closed | |
| 5:15pm | | Break | | Break | | 10:15am | | | |
| 5:30pm | | | | | | 10:30am | | | |
| 5:45pm | | 10:45am | | | | | | | |
| 6:00pm | 6:00 - 6:45pm Kids Karate (Orange and Up) | 6:00 - 7:00pm Kids Karate (All Belts) | 6:00 - 6:45pm Kids Karate (White and Yellow) | 6:00 - 7:30pm Kids Karate And Sparring (All Belts) | 6:30 - 7:30pm Group Karate (All Belts) | 11:00am | 11:00am-12:00pm Group Karate (All Belts) | | |
| 6:15pm | | | | | | 11:15am | | | |
| 6:30pm | | | | | | 11:30am | | | |
| 6:45pm | 6:45 - 7:30pm Kids Weapons and Acrobatics (Orange and Up) | 7:00 - 7:45pm Teens and Adult Karate (White to Green) | 6:45 - 7:30pm Kids Weapons and Acrobatics (White and Yellow) | | | 11:45am | Dojo Closed | | |
| 7:00pm | | | | | | 12:00pm | | | |
| 7:15pm | | | | | | | | | |
| 7:30pm | 7:30- 8:30pm Teens and Adults Karate (All Belts) | 7:45 - 8:30pm Teens and Adults Weapons and Acrobatics (All Belts) | 7:30- 8:30pm Teens and Adults Karate (All Belts) | 7:30 - 9:00pm Teens and Adults Karate And Sparring (All Belts) | 7:30- 8:30pm S.T.O.R.M. Team (Instructors Only) | <p><i>Toms Martial Arts is closed on all long weekends. For further Information about class schedules, call 519-942-4855</i></p> | | | |
| 7:45pm | | | | | | | | | |
| 8:00pm | | | | | | | | | |
| 8:15pm | | | | | | | | | |
| 8:30pm | 8:30 - 9:15pm Teens and Adults Grappling (All Belts) | 8:30 - 9:15pm Teens and Adult Karate (Purple and Up) | 8:30 - 9:15pm Fitness Kickboxing (Ages 13yrs +) | Dojo Closed | 8:30 - 9:15pm Adults MMA (Ages 15yrs +) | | | | |
| 8:45pm | | | | | | | | | |
| 9:00pm | | | | | | | | | |
| 9:15pm | Dojo Closed | Dojo Closed | Dojo Closed | | Dojo Closed | | | | |