

GROUP 1 - MONDAY & WEDNESDAY

GROUP 2 - TUESDAY & THURSDAY



OMAC

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CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:30 - 5:10 pm AFTERSCHOOL	2:30 - 5:10 pm AFTERSCHOOL	2:30 - 5:10 pm AFTERSCHOOL	2:30 - 5:10 pm AFTERSCHOOL	2:30 - 5:10 pm AFTERSCHOOL	10:40 - 11:10 am TINY TIGERS
5:10 - 5:40 pm TINY TIGERS	5:10 - 5:40 pm TINY TIGERS	5:10 - 5:40 pm TINY TIGERS	5:10 - 5:40 pm TINY TIGERS	5:10 - 5:40 pm TINY TIGERS	11:15 - 12:00 pm KICKING TECHNIQUE + PATTERNS
5:45 - 6:30 pm WHITE TO YELLOW	5:45 - 6:30 pm WHITE TO YELLOW	5:45 - 6:30 pm WHITE TO YELLOW	5:45 - 6:30 pm WHITE TO YELLOW	5:45 - 6:30 pm KICKING TECHNIQUE + PATTERNS	12:00 - 12:45 pm OLYMPIC SPARRING CLASS
6:30 - 7:15 pm ORANGE TO BLACK	6:30 - 7:15 pm ORANGE TO BLACK	6:30 - 7:15 pm ORANGE TO BLACK	6:30 - 7:15 pm ORANGE TO BLACK	6:30 - 7:15 pm OLYMPIC SPARRING CLASS	
7:15 - 8:00 pm TEEN / ADULTS	7:15 - 8:00 pm TEEN / ADULTS	7:15 - 8:00 pm TEEN / ADULTS	7:15 - 8:00 pm TEEN / ADULTS		

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