



OMAC MARTIAL ARTS

RICHMOND HILL

CLASS SCHEDULE - DOJANG 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:30 - 5:30 pm AFTERSCHOOL	1:00 - 1:45 pm SELF DEFENCE (LADIES ONLY)	2:30 - 5:30 pm AFTERSCHOOL	2:30 - 5:30 pm AFTERSCHOOL	2:30 - 5:30 pm AFTERSCHOOL	9:30 - 10:15 am WHITE BELT
5:30 - 6:00 pm TINY TIGERS	2:30 - 5:30 pm AFTERSCHOOL	5:30 - 6:00 pm TINY TIGERS	5:30 - 6:00 pm TINY TIGERS	5:30 - 6:15 pm WHITE BELT	10:15 - 11:00 am YELLOW TO BLACK
6:00 - 6:45 pm WHITE BELT	5:30 - 6:00 pm TINY TIGERS	6:00 - 6:45 pm YELLOW TO BLACK	6:00 - 6:45 pm WHITE BELT	6:15 - 7:00 pm YELLOW TO BLACK	11:15 - 12:00 pm BEGINNER WEAPONS
6:45 - 7:30 pm TEEN / ADULTS	6:00 - 6:45 pm WHITE BELT	6:45 - 7:30 pm TEEN / ADULTS	6:45 - 7:30 pm BEGINNER WEAPONS	7:00 - 7:45 pm TEEN / ADULTS	
	6:45 - 7:30 pm BEGINNER SELF DEFENCE	7:30 - 8:15 pm BEGINNER SELF DEFENCE			



Follow us

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OMAC Richmond Hill

(905) 616-1408

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10755 Leslie St, Richmond Hill



OMAC MARTIAL
ARTS

RICHMOND HILL

CLASS SCHEDULE - DOJANG 2

Monday

6:30 - 7:15 pm

**SELF DEFENCE
(LADIES ONLY)**

Tuesday

6:30 - 7:15 pm

**MARTIAL ARTS
WORKOUT**

Wednesday

6:30 - 7:15 pm

**SELF DEFENCE
(LADIES ONLY)**

Thursday

6:30 - 7:15 pm

**MARTIAL ARTS
WORKOUT**

Friday

Saturday

11:00 - 11:45 am

FAMILY CLASS

12:00 - 4:00 pm

**BIRTHDAY
PARTIES**

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