



Toms Martial Arts and Fitness Centre Inc.



Fall Schedule 2011 (Effective as of September 6th, 2011)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
5:00pm	White to Yellow Belt Kids (Ages 7-12yrs)	Tykes (Ages 4-6yrs)	Orange to Black Belt Kids (Ages 7-12yrs)	Tykes (Ages 4-6yrs)	Private Lessons Available	10:00am	Tykes (Ages 4-6yrs)	Dojo Closed
5:15pm						10:15am		
5:30pm						10:30am		
5:45pm						10:45am		
6:00pm	Orange to Black Belt Kids (Ages 7-12yrs)	Kids (Ages 7-12yrs)	White to Yellow Belt Kids (Ages 7-12yrs)	Kids (Ages 7-12yrs) Class + Sparring	Group Class (Ages 7yrs +)	11:00am	Group Class (Ages 7yrs +)	
6:15pm						11:15am		
6:30pm						11:30am		
6:45pm						11:45am		
7:00pm	Teens and Adults (Ages 13yrs +)	Zumba Fitness (Ages 13yrs +)	Teens and Adults (Ages 13yrs +)	Teens and Adults (Ages 13yrs +) Class + Sparring	Zumba Fitness (Ages 13yrs +)	12:00pm	Dojo Closed	
7:15pm								
7:30pm								
7:45pm								
8:00pm	Adults Grappling (Ages 13yrs +)	Teens and Adults (Ages 13yrs +)	Fitness Kickboxing (Ages 13yrs +)	Teens and Adults (Ages 13yrs +) Class + Sparring	Mixed Martial Arts (Ages 13yrs +)			
8:15pm								
8:30pm								
8:45pm								
9:00pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed			

For Dojo Closed Dates and Other Information, Call 519-942-4855 or visit www.tomsmartialarts.com