

TOMS MARTIAL ARTS SCHEDULE

(Updated September 1st 2009)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday		
4:00pm	Private Lessons By Appointment Only	Private Lessons By Appointment Only	Private Lessons By Appointment Only	Private Lessons By Appointment Only	Private Lessons By Appointment Only	9:30am				
4:15pm						9:45am	Karate Tykes Ages 4 to 6yrs White Belts			
4:30pm						10:00am				
4:45pm						10:15am				
5:00pm	Novice Kids Karate Ages 7 to 13yrs White Belt to Yellow Belt	Break	Int / Adv. Kids Karate Ages 7 to 13yrs Orange Belt to Black Belt	Break	Break	10:30am	Group Karate Ages 7yrs and Up White to Black Belts			
5:15pm		Karate Tykes Ages 4 to 6yrs White Belts		Break	Karate Tykes Ages 4 to 6yrs White Belts	Private Lessons By Appointment Only		10:45am		
5:30pm		Kids Karate Ages 7 to 13yrs White to Black		Break	Kids Karate and Sparring Ages 7 to 13yrs White Belt to Black Belt	Group Karate Ages 7yrs and Up White to Black Belts		11:00am		
5:45pm		Kids Grappling Ages 7 to 13yrs White to Black		Adults Karate Ages 14yrs + White to Black	Adults Karate Ages 14yrs and Up White Belt to Black Belt	MMA Training Ages 14yrs and Up White to Black Belts		11:15am	S.T.O.R.M. Team Practice Instructors Only	Open Dojo Ages 7yrs and Up White to Black Belts <i>Note:</i> Anyone under 14yrs of age require a parent to be present during workout.
6:00pm		Adults Grappling Ages 14yrs + White to Black		Adults Karate Ages 14yrs and Up White Belt to Black Belt	Dojo Closed	Dojo Closed		11:30am		
6:15pm	Dojo Closed	Open Mat Ages 14yrs + White to Black	Dojo Closed	Dojo Closed	11:45am	Dojo Closed				
6:30pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed	12:00pm	Dojo Closed				
6:45pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed	12:15pm	Dojo Closed				
7:00pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed	12:30pm	Dojo Closed				
7:15pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed	12:45pm	Dojo Closed				
7:30pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed	1:00pm	Dojo Closed				
7:45pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed						
8:00pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed						
8:15pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed						
8:30pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed						
8:45pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed						
9:00pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed						
9:15pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed						
9:30pm	Dojo Closed	Dojo Closed	Dojo Closed	Dojo Closed						

For Further Information, Please call (519) 942-4855 or visit our website at www.tomsmartialarts.com