



# Class Schedule

Effective- From November 2023

PH: 905-997-8622  
E: infoTMAcanada@gmail.com  
W: tmacanada.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1:00 - 2:00pm Adult Lunch Class All Belts		1:00 - 2:00pm Adult Lunch Class All Belts		
After School Program 3:00 - 5:00pm					
5:20 - 5:50pm L'il Tigers Ages 4-6	5:20 - 5:50pm L'il Tigers Ages 4-6	5:20 - 5:50pm L'il Tigers Ages 4-6	5:20 - 5:50pm L'il Tigers Ages 4-6	5:00 - 5:30pm L'il Tigers Ages 4-6	10:00 - 10:30am L'il Tigers Ages 4-6
6:00 - 6:45pm Beginner's Class Youth White to Yellow Belts	6:00 - 6:45pm Mixed Class Orange to Blue Belts	6:00 - 6:45pm Beginner's Class Youth White to Yellow Belts	6:00 - 6:45pm Beginner's Class Youth White to Yellow Belts	5:35 - 6:20pm Mixed Class Orange to Brown	10:40 - 11:25am Beginner's Class Youth White to Yellow Belts
6:50 - 7:35pm Mixed Class Orange to Brown	6:50 - 7:35pm Beginner's Class Youth White to Yellow Belts	6:50 - 7:35pm Mixed Class Purple to Black Belts	6:50 - 7:35pm Mixed Class Orange to Blue Belts	6:25 - 7:10pm Beginner's Class Youth White to Yellow Belts	11:30 - 12:15am Mixed Class Orange to Blue Belts
7:40 - 8:25pm Mixed Class Red to Black Belts	7:40 - 8:25pm Mixed Class Purple to Black Belts	7:40 - 8:25pm Mixed Class Orange to Blue Belts	7:40 - 8:25pm Mixed Class Purple to Black Belts	7:15 - 8:00pm Mixed Class Red to Black Belts	12:20 - 1:05pm Mixed Class Purple to Black Belts
8:30 - 9:15pm Teens/Adults Class All Belts	8:30 - 9:15pm Teens/Adults Class All Belts	8:30 - 9:15pm Teens/Adults Class All Belts	8:30 - 9:15pm Teens/Adults Class All Belts	8:00 - 8:45pm Teens/Adults Class All Belts	
<b>REFER-A-FRIEND</b> The best compliment you can give us is to tell your friends about us.		<b>March Break CAMP</b>		<b>Summer Camp</b>	
				<b>SPECIALTY CLASS</b> Please check the Events Gallery on TMA website or with TMA Reception.	
					<b>Birthdays Parties BOOK NOW!</b> 2-weeks' notice required



# Class Schedule Oakville

PH: 905-997-8622  
E: TMAoakville@gmail.com  
W: tmacanada.ca

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:00pm L'il Tigers Ages 4-6	5:30 - 6:00pm L'il Tigers Ages 4-6	5:30 - 6:00pm L'il Tigers Ages 4-6	5:30 - 6:00pm L'il Tigers Ages 4-6		10:30 - 11:00am L'il Tigers Ages 4-6
6:10 - 6:55pm Beginner's Class Youth White to Yellow Belts	6:10 - 6:55pm Beginner's Class Youth White to Yellow Belts	6:10 - 6:55pm Beginner's Class Youth White to Yellow Belts	6:10 - 6:55pm Beginner's Class Youth White to Yellow Belts	5:30 - 6:15pm Mixed Class Orange to Black Belts	11:10 - 11:55am Beginner's Class Youth White to Yellow Belts
7:10 - 7:55pm Mixed Class Orange to Black Belts	7:10 - 7:55pm Mixed Class Orange to Black Belts	7:10 - 7:55pm Mixed Class Orange to Black Belts	7:10 - 7:55pm Mixed Class Orange to Black Belts	6:25 - 7:10pm Beginner's Class Youth White to Yellow Belts	12:05 - 12:50pm Mixed Class Orange to Black Belts
8:05 - 8:50pm Teens/Adults Class All Belts	8:05 - 8:50pm Teens/Adults Class All Belts	8:05 - 8:50pm Teens/Adults Class All Belts	8:05 - 8:50pm Teens/Adults Class All Belts	7:25 - 8:05pm Teens/Adults Class All Belts	
<b>REFER-A-FRIEND</b> The best compliment you can give us is to tell your friends about us.		<b>March Break CAMP</b>		<b>Summer Camp</b>	
				<b>SPECIALTY CLASS</b> Please check the Events Gallery on TMA website or with TMA Reception.	
					<b>Birthdays Parties BOOK NOW!</b> 2-weeks' notice required