

Class Schedule

Effective- From November 2023

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

W: tmacanada.ca

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



Class Schedule

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

W: tmacanada.ca Oakville Tuesday Wednesday Thursday Monday Friday Saturday 5:30 - 6:00pm 5:30 - 6:00pm 5:30 - 6:00pm 10:30 - 11:00am 5:30 - 6:00pm L'il Tigers L'il Tigers L'il Tigers L'il Tigers LilTigers Ages 4-6 Ages 4-6 Ages 4-6 Ages 4-6 Ages 4-6 11:10 - 11:55am 6:10 - 6:55pm 6:10 - 6:55pm 6:10 - 6:55pm 6:10 - 6:55pm 5:30 - 6:15pm Beginner's Class Beginner's Class Beginner's Class Beginner's Class Beginner's Class Mixed Class Youth Youth Youth Youth Youth Orange to Black Belts White to Yellow Belts 6:25 - 7:10pm 7:10 - 7:55pm 7:10 - 7:55pm 12:05 - 12:50pm 7:10 - 7:55pm 7:10 - 7:55pm Beginner's Class Mixed Class Mixed Class Mixed Class Mixed Class Mixed Class Youth Orange to Black Betts Orange to Black Belts Orange to Black Belts Orange to Black Betts White to Yellow Belts

Orange to Black Belts

8:05 - 8:50pm

leens/Adults Class

All Belts

8:05 - 8:50pm eens/Adults Class All Belts

8:05 - 8:50pm Teens/Adults Class All Beits

8:05 - 8:50pm eens/Adults Class All Belts

7:25 - 8:05pm All Belts

with TMA Reception.

leens/Adults Class



REFER-A-FRIEND

The best compliment you can give us is to tell your friends about us.









2-weeks' notice required