



CMAC – Yoku Ido

300 Gage Ave. Unit 6. Kitchener, Ontario N2M 2C8

519-888-6624 cmac1.net

Head Instructor: Sensei Gregg Skoryk



| | Jan – June 2020 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------|--------------------|-------------|--------------|--------------|--------------|-------------|-------------|--------|
| Children's Classes | | | | | | | | |
| | 5 to 9 Yrs. | 5:00 – 6:00 | | 5:00 – 6:00 | | | | |
| | 10 and up | | 5:00 – 6:00 | | 5:00 – 6:00 | | | |
| | Children's Weapons | | | | 4:00 – 5:00 | | | |
| | Children's Open | | | | | | 5:00 - 6:00 | |
| | | | | | | | | |
| | Demo Team all Ages | | | | | | 4:00 – 5:00 | |
| Adult Classes | White to Green | 6:15 – 7:15 | | 6:15 – 7:15 | | | | |
| | Blue and Brown | | 6:15 – 7:15 | | 6:15 – 7:15 | | | |
| | Black Belts | | 6:15 – 8:00 | | 6:15 – 8:00 | 6:00 | | |
| | All Belts Open | | 12:00 – 1:00 | 12:00 – 1:00 | | 5:00 – 6:00 | | |
| | Adult Weapons | | 7:15 – 8:00 | | 7:15 – 8:00 | | | |
| | Tai Chi | 7:15 – 8:00 | | | 12:00 – 1:00 | | | |
| | Kata | | | | | | | |

The Person Who Thinks Of Doing Something Is Usually Passed By Someone Already Doing It

May Your Hopes Not Be Half Fears