



CMAC – Yoku Ido

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

519-888-6624 cmac1.net

Head Instructor: Sensei Gregg Skoryk



	Sept. – Dec. 2019	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			2:00 – 3:00
	Children's Open						4:00 – 5:00	3:00 – 5:00
	Demo Team all Ages						5:00 – 6:00	
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			
	All Belts Open		12:00 – 1:00	12:00 – 1:00			4:00 – 5:00	3:00 – 5:00
	Adult Weapons		7:15 – 8:00		7:15 – 8:00			2:00 – 3:00
	Tai Chi	7:15 – 8:00			12:00 – 1:00			1:00 – 2:00
	Kata					6:00 – 8:00		

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

May Your Hopes Not Be Half Fears