

PMA Class Schedule

Monday

<i>Little Rhinos</i>	5:00 – 5:40
<i>Basic (6+)</i>	5:45 – 6:30
<i>Leadership</i>	6:35 – 7:35
<i>KidsAbility</i>	7:35 – 8:35

Wednesday

<i>Little Rhinos</i>	4:30 – 5:10
<i>Basic (6+)</i>	5:15 – 6:00
<i>ARMOUR</i>	6:00 – 6:25
<i>Leadership</i>	6:25 – 7:25
<i>Adult Karate</i>	7:30-8:30

Friday

***Special Events
and Testing
- No Classes -***

**Waterloo 519-603-5425
4A-476 Albert St.
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Tuesday

<i>Leadership</i>	4:30 – 5:30
<i>Little Rhinos</i>	5:35 – 6:15
<i>ARMOUR</i>	6:20 – 6:45
<i>Basic (6+)</i>	6:45 – 7:30

Thursday

<i>Little Rhinos</i>	5:35 – 6:15
<i>Basic (6+)</i>	6:20 – 7:05
<i>Adult Karate</i>	7:10 – 8:10

Saturday

<i>Adult Karate</i>	8:25 – 9:25
<i>Little Rhinos</i>	9:30 – 10:10
<i>Basic (6-12)</i>	10:15 – 11:00
<i>Leadership</i>	11:05 – 12:05



**PRO
MARTIAL ARTS**

Building Character For A Lifetime.®