

2023-2024 W.C.M.A NEW SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 AM						GREEN/BLUE 9:00 – 9:45	
10:00 AM						Family class 9:45 – 10:30	
11:00 AM						LITTLE TIGER 10:30 – 11:00	
12:00 PM						YELLOW/ORANGE 11:00 – 11:45	
						PURPLE/RED/BROWN 11:45 – 12:30	
		SPARRING EXERCISE		SPARRING EXERCISE	WEAPON CLASS	Sparring 12:30 – 1:15	
	ALL BELT CLASS 3:00-3:45	LITTLE TIGER 3:10-3:40	ALL BELT CLASS 3:00-3:45	LITTLE TIGER 3:10-3:40	ALL BELT CLASS 3:00-3:45		
3:00 PM	YELLOW/ORANGE 3:45 – 4:30	PURPLE/RED/BROWN 3:45 – 4:30	LITTLE TIGER 3:45-4:15	GREEN/BLUE 3:45-4:30	JR.BLACK/BLACK 3:45- 4:30		
4:00 PM	LITTLE TIGER 4:30-5:00	NO/WHITE 4:30 – 5:15	YELLOW/ORANGE 4:30-5:15	JR.BLACK/BLACK 4:30- 5:15	YELLOW/ORANGE 4:30-5:15		
5:00 PM	NO/WHITE 5:15- 6:00	JR.BLACK/BLACK 5:15 – 6:00	NO/WHITE 5:15-6:00	YELLOW/ORANGE 5:15 – 6:00	GREEN/B LUE 5:15-6:00		
6:00 PM	GREEN/BLUE 6:00- 6:45	YELLOW/ORANGE 6:00 – 6:45	PURPLE/RED/BROWN 6:00-6:45	NO/WHITE 6:00-6:45	PURPLE/RED/BROWN 6:00-6:45		
7:00 PM	PURPLE/RED/BROWN 6:45-7:30	GREEN/BLUE 6:45-7:30	JR.BLACK/BLACK 6:45-7:30	PURPLE/RED/BROWN 6:45-7:30	Belt test / Event night		
8:00 PM	JR.BLACK/BLACK 7:30 - 8:15	ADULT/TEEN 7:30-8:20	Demo team MEMBERS 7:30-8:30	ADULT/TEEN 7:30-8:20			
9:00 PM							
Sparring class : please bring own your sparring gear bag Contact Number: 978 509 1739 // Email : Wcma.mh@gmail.com							