

2024-2025 W.C.M.A NEW SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00 AM						GREEN/BLUE 9:00 – 9:45	
10:00 AM	- Every last Friday of the month is board break day. (25min class and 20min board breaking time) Preparing for championship and belt test breaking practices. - Sparring class on Wednesday and Thursday (please bring the sparring bag) - Belt test day on Friday					No/white 9:45 – 10:30	
11:00 AM						LITTLE TIGER 10:30 – 11:00	
12:00 PM						YELLOW/ORANGE 11:00 – 11:45	
			SPARRING EXERCISE	SPARRING EXERCISE	WEAPON CLASS	PURPLE/RED/BROWN 11:45 – 12:30	
	ALL BELT CLASS 3:30-4:15	LITTLE TIGER 3:30-4:00	ALL BELT CLASS 3:30-4:15	GREEN/BLUE 3:30-4:15	PURPLE/RED/BROWN 3:30- 4:15		
3:00 PM	YELLOW/ORANGE 4:15 – 5:00	PURPLE/RED/BROWN 4:00 – 4:45	LITTLE TIGER 4:15-4:45	JR.BLACK/BLACK 4:15-5:00	YELLOW/ORANGE 4:15-5:00		
4:00 PM	LITTLE TIGER 5:00-5:30	NO/WHITE 4:45 – 5:30	YELLOW/ORANGE 4:45-5:30	LITTLE TIGER 5:00-5:30	GREEN/BLUE 5:00-5:45		
5:00 PM	NO/WHITE 5:30- 6:15	JR.BLACK/BLACK 5:30 – 6:15	NO/WHITE 5:30-6:15	YELLOW/ORANGE 5:30 – 6:15	JR.BLACK/BLACK 5:45-6:30		
6:00 PM	GREEN/BLUE 6:15- 7:00	YELLOW/ORANGE 6:15 – 7:00	PURPLE/RED/BROWN 6:15-7:00	NO/WHITE 6:15-7:00	Belt test 6:40pm~		
7:00 PM	PURPLE/RED/BROWN 7:00-7:45	GREEN/BLUE 7:00-7:45	JR.BLACK/BLACK 7:00-7:45	PURPLE/RED/BROWN 7:00-7:45			
8:00 PM	JR.BLACK/BLACK 7:45 - 8:30	ADULT/TEEN 7:45-8:35	Demo team 7:45-8:45	ADULT/TEEN 7:45-8:35			
9:00 PM							
	Sparring class : please bring own your sparring gear bag Contact Number: 978 509 1739 // Email : Wcma.mh@gmail.com						

