



ON MISSION MARTIAL ARTS

East Orlando

SCHEDULE OF CLASSES

(Effective 01-01-2016)

OMMA Main Dojo - Alafaya Village:

2822 S. Alafaya Trail, Suite #170-180, Orlando, FL 32828

(407) 207-8484 * www.onmissionmartialarts.org

Monday	4:30 – 5:00PM	PRE-Karate Class (3-6 years)
Monday	5:15 – 6:00PM	Young Warriors (7-12 years, all ranks)
Monday	6:15 – 7:10PM	Beginner Adult Class (White-Orange Belt)
Monday	7:15 - 8:00PM	Intermediate Adult Class (Purple Belt+)
Monday	8:00 – 8:30PM	ESCRIMA/Kali Class (Purple Belt+)
Tuesday	4:30 – 5:15PM	Young Warriors (7-12 years, all ranks)
Tuesday	5:30 – 6:00PM	PRE-Karate Class (3-6 years)
Tuesday	6:15 – 7:10PM	Beginner Adult Class (White-Orange Belt)
Tuesday	7:15 - 8:00PM	Intermediate Adult Class (Purple Belt+)
Tuesday	8:00 – 8:30PM	OMMA Instructor Training (By invitation only)
Wednesday	4:30 – 5:00PM	PRE-Karate Class (3-6 years)
Wednesday	5:15 – 6:00PM	Young Warriors (7-12 years, all ranks)
Wednesday	6:00 – 7:30PM	“Open Time”
Thursday	4:30 – 5:15PM	Young Warriors (7-12 years, all ranks)
Thursday	5:30 – 6:00PM	PRE-Karate Class (3-6 years)
Thursday	6:15 – 7:10PM	Beginner Adult Class (White-Orange Belt)
Thursday	7:15 - 8:00PM	Intermediate Adult Class (Purple Belt+)
Thursday	8:00 – 8:30PM	Hapkido/Standing Ju-jitsu Class (Purple Belt+)
Friday	4:30 – 5:15PM	Young Warriors (7-12 years, all ranks)
Friday	5:15 – 7:15PM	“Open Time”
Saturday	8:30 – 9:15AM	Advanced Adult Class (Green/Stripe Belt+)
Saturday	9:20 – 10:15AM	Adult Class (all ranks)
Saturday	10:15 – 11:00AM	Young Warriors (7-12 years, all ranks)

Higher ranks are always welcome to attend a beginner class, but beginners cannot attend the Intermediate classes until achieving the Purple Belt rank.

Please contact Senior Instructor Marco Fiorentino at (407) 207-8484 or email: marco@onmissionma.org with any questions about the schedule, or to come visit a class for a free trial.

PRE-KARATE CLASSES (ages 3-6)

Monday	4:30 – 5:00PM	PRE-Karate Class (3-6 years)
Tuesday	5:30 – 6:00PM	PRE-Karate Class (3-6 years)
Wednesday	4:30 – 5:00PM	PRE-Karate Class (3-6 years)
Thursday	5:30 – 6:00PM	PRE-Karate Class (3-6 years)

YOUNG WARRIORS CLASSES (ages 7-12)

Monday	5:15 – 6:00PM	Young Warriors (7-12 years, all ranks)
Tuesday	4:30 – 5:15PM	Young Warriors (7-12 years, all ranks)
Wednesday	5:15 – 6:00PM	Young Warriors (7-12 years, all ranks)
Thursday	4:30 – 5:15PM	Young Warriors (7-12 years, all ranks)
Friday	4:30 – 5:15PM	Young Warriors (7-12 years, all ranks)
Saturday	10:15 – 11:00AM	Young Warriors (7-12 years, all ranks)

TEEN/ADULT CLASSES (ages 13+)

Monday	6:15 – 7:10PM	Beginner Adult Class (White-Orange Belt)
Monday	7:15 - 8:00PM	Intermediate Adult Class (Purple Belt+)
Tuesday	6:15 – 7:10PM	Beginner Adult Class (White-Orange Belt)
Tuesday	7:15 - 8:00PM	Intermediate Adult Class (Purple Belt+)
Thursday	6:15 – 7:10PM	Beginner Adult Class (White-Orange Belt)
Thursday	7:15 - 8:00PM	Intermediate Adult Class (Purple Belt+)
Saturday	8:30 – 9:15AM	Advanced Adult Class (Green/Stripe Belt+)
Saturday	9:20 – 10:15AM	Adult Class (all ranks)

SPECIALTY CLASSES

Monday	8:00 – 8:30PM	ESCRIMA/Kali Class (Purple Belt+)
Tuesday	8:00 – 8:30PM	OMMA Instructor Training (By invitation only)
Wednesday	6:00 – 7:30PM	Open Time (Teen & Adult students)
Thursday	8:00 – 8:30PM	Hapkido/Standing Ju-jitsu Class (Purple Belt+)
Friday	5:15 – 7:15PM	Open Time (Teen & Adult students)