



# OMAC LOCATIONS & CLASS SCHEDULE

\* TKD - Taekwondo \* LT - Little Tiger (3-5 yrs) \* KMD - Kimoodo (Healing Arts)  
 \* HKD-Hapkido (Special Tactic-SD) \* Gumdo - Korean Sword \* Self defense

Update 1/04/19

LOCATION	MON	TUE	WED	THUR	FRI	SAT	
	A. Potter	B. Custer/AP / D P	B. Custer / D Plasterer	B Custer /AP/ D P	B Custer / Mrs. Choi	A & S Potter	
<b>OMAC World Headquarters</b> <b>Brice Rd. Main School</b> <b>Ph: 864.4000 (East)</b> <b>Reynoldsburg</b> 1349 Brice Rd (Brice & Main - Across from K-Mart)	TKD (LT - mix) 5:20-6pm 6-6:20 (LT adv) J. Booker/ AJ. Blackburn  TKD (Child. mix) 5:30-6:30pm Mstr. Andy Choi/ B. Thompson  TKD (Adlt. mix) 6:45-8pm Mstr. A. Choi A McNeish/ Colley  <b>KIMOODO</b> <b>Healing Arts</b> 6:45-8p T. Kolker, J. Anderson Mrs. Choi <b>Gumdo - Sword</b> 6:45-8pm Sm R. Gross / S. Oeder  <b>Hapkido/Self Def.</b> 6:45-8:15pm Sgm. Choi / L. Sanford D. Green	<b>KIMOODO</b> <b>Healing Arts</b> 12:30-1:30pm J. Anderson/ M. A-Palmer  TKD (mix) 12:30-1:30pm Mstr.A. Choi/ C. Colley  TKD (LT-Mix) 5:20-6pm (LT mix) 6-6:20 (LT adv) C. Colley/ C. Singer  TKD (mix) 5:30-6:30 Mstr. Wood/ J Smyser J Booker  TKD (mix/Adv) 6:45-8:15pm Sgm. Choi/Mstr. Bailey S. Potter	TKD (LT-Mix) 5:20-6 (LT mix) 6-6:20 (LT adv) Z. Clark/  TKD (Child. mix) 5:30-6:30pm J. Smyser/J Booker  TKD (Adlt. mix) 6:45-8pm A McNeish J. Smyser  <b>Gumdo - Sword</b> 6:45-8pm Sm. Gross, Alex, Zach, Shwan, Amelia  <b>KIMOODO</b> <b>Healing Arts</b> 6:45-8p Sgm. Choi T. Kolker/Mrs. Choi J. Anderson	LT - (Mlx) <b>TKD &amp; Sword</b> 5:20-6 (LT mix) 6-6:20 (LT adv) Z. Clark / J Smyser  TKD (Child. mix) 5:30-6:30pm (mix) Mstr. Plasterer/  TKD (Adlt. mix) 6:45-8:15pm Mstr. D. Bailey/ D. Bastress  <b>Hapkido/Self Def.</b> 6:45-8:15pm Sgm Choi/ L. Sanford / D. Green	<b>KIMOODO</b> <b>Healing Arts</b> 12:30-1:30pm J. Anderson/D.Porter  TKD (mix) 12:30-1:30pm Mstr.A.Choi/ C.Colley  TKD (LT-Mix) 5:20-6pm (LT. mix) 6-6:40pm (LT adv) Z. Clark/J Smyser  TKD (Child. mix) 5:30-6:30pm J. Smyser/J Booker  TKD (Adlt. mix) 6:45-8:15pm Sgm. Choi/ G. Colley  <b>KIMOODO</b> <b>Healing Arts</b> 6:45-8p T. Kolker / M A-Palmer J Anderson	TKD(Child. mix) 10:30-11:30am C & G. Colley  TKD(mix) 10:30-12 (Comp/Demo Class) Mstr. A. Choi/  TKD (LT-Mix) 11-11:40 (LT mix) 11:40-12 (LT adv.) Z. Clark/J Smyser  <b>Gumdo (Sword)</b> 12:15-1:30pm Sm. R. Gross/Z. Clark/ A Rhinehart/ S. Oeder  <b>Self Def./Hapkido</b> 12:15-1:15pm Mstr. L. Sanford D. Green  <b>KMD Healing Arts</b> 12:30-1:30pm J. Anderson/ R. Pope  TKD (adv. only) 1:30-3pm (Inst. Cls) 2:45-3:30 (Team Demo) Mstr. A. Choi	
	<b>Hilliard 1 Metro Fitness</b> <b>3440 Heritage Club Dr.</b> SM. Tim Stanforth (614) 864-4000	TKD (Mix) 6:40-7:40pm T. Stanforth 7:45-8:45pm T. Stanforth	TKD (LT Mix) 5:20-6pm-J. Bechtel T/T. Stanforth (TKD )6-7pm K/M Masayo <b>GUMDO</b> - 7-8pm S. Oeder	CLASS at Hilliard - Mill Run	TKD 6:45-7:45 T. Stanforth/M Bechtel <b>HKD</b> 7:45-8:45 D. Green	TKD (LT mix) 5:20-6pm-J. Bechtel T/T. Stanforth TKD 6-7pm	CLASS at Brice Rd.
	<b>Hilliard 2 - Mill Run</b> (Power Shack) - No LT 3600 Fishinger Blvd. SI. K Rhinehart - 864-4000	TKD 6-7pm (Mix) SI. K Rhinehart S. Oeder	CLASS at Hilliard Metro	TKD 6-7pm (Mix) SI K Rhinehart B. Baur	CLASS at Hilliard - Metro	TKD 6-7pm (Mix) SI K Rhinehart A. Rhinehart	CLASS at Dublin/Brice
	<b>Dublin- Metro V,</b> 655 Metro Pl. S. Mstr A Choi - 864-4000 No LT (min age 5)	CLASS at Hilliard Mill Run	CLASS at Worthington/ Hilliard Metro	TKD(mix) 6:30-7:30p 7:30-8:30 (adv. mix) Mstr.A.Choi/ Si. J. Peoples/	CLASS at Worthington/ Hilliard Metro	TKD (mix) 6:30-7:30p 7:30-8:30 (adv. mix) Mstr.A.Choi/ V. Kondapaneni	TKD (mix) 11:30-12:30pm Si. T. Wagner/ V. Kondapaneni
	<b>Worthington</b> 1245 Worthington Woods Blvd. (Metro Fitness) Mstr. A Choi/M Hagerman. 614-864-4000	CLASS at Hilliard Mill Run	TKD(Mix) 5-5:30pm (LT) T. Hagerman 5:40--7(mix) 7-7:30pm (adv.) Mstr. A Choi / M. Hagerman	CLASS at Hilliard Mill Run	TKD(Mix) 5-5:30pm (LT) T. Hagerman 5:40--7(mix) 7-7:30pm Mstr. A Choi / M. Hagerman	CLASS at Brice Rd.	TKD 10-11am (Mix) M. Hagerman
<b>New Albany</b> New Albany Middle School Gym/Cafeteria Bldg. Rm 407 J. Choi/S. Doherty	CLASS at Brice Rd.	CLASS at Brice Rd.	TKD (mix) 6:15-7:15pm SI. J. Lee / S. Doherty	CLASS at Brice Rd.	CLASS at Brice Rd.	TKD (mix) 9:30-10:30am SI. J. Lee / S. Doherty	
<b>Nationwide Ins.</b> (Downtown) <b>Paul Melko</b>	TKD 12:40-1:25pm P. Melko/		TKD 12:40-1:25pm P. Melko /		TKD 1:45pm-2:30pm P. Melko /		
<b>OSU</b> Multi-Purpose Rm 1 Mstr. A Choi 864-4000	TKD 8-10:30pm E. Farraj	TKD 8-10:30pm Mstr. A Choi/ E. Farraj		TKD 8-10:30pm Mstr. A. Choi			
<b>Battelle</b> SI. Thurston/B. Baur	TKD 12p-12:45pm	TKD 5:15-6:15pm		TKD 12pm-12:45pm			
<b>Lancaster Dance Studio</b> Mstr. Sanford 627 W. 6th ave 864.4000	CLASS at Brice Rd.		TKD (mix) 6-7pm - R/C Finegold Mstr. Sanford		CLASS at Brice Rd.	CLASS at Brice Rd.	