

KIDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM - 5:15PM SENIOR GI BJJ SENIOR COLOURED BELTS	4:30PM - 5:15PM GI BJJ AGES 8+	4:30PM - 5:15PM JUNIOR KIDS BJJ AGES 4-8	4:30PM - 5:15PM NO-GI BJJ AGES 8+	4:30PM - 5:15PM JUNIOR KIDS BJJ AGES 4-8	9:30AM - 10:15AM JUNIOR KIDS BJJ AGES 4-8
4:30PM - 5:15PM KIDS BOXING	4:30PM - 5:15PM KIDS BOXING	4:30PM - 5:15PM SENIOR ADV BJJ SENIOR COLOURED BELTS	4:30PM - 5:15PM KIDS MUAY THAI	4:30PM - 5:15PM SENIOR ADV BJJ SENIOR COLOURED BELTS	9:30AM - 10:15AM SENIOR ADV BJJ SENIOR COLOURED BELTS
5:15PM - 6:00PM NO-GI BJJ AGES 8+	5:15PM - 6:00PM NO-GI BJJ AGES 8+	4:30PM - 5:15PM KIDS MUAY THAI		4:30PM - 5:15PM KIDS MUAY THAI	10:15AM - 11:00AM SENIOR BJJ SENIOR WHITE BELTS
		5:15PM - 6:00PM SENIOR BJJ SENIOR WHITE BELTS		5:15PM - 6:00PM SENIOR BJJ SENIOR WHITE BELTS	

BRAZILIAN JIU-JITSU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM - 7:30AM NO-GI	11:00AM - 12:00PM NO-GI	6:00AM - 7:00AM NO-GI	11:00AM - 12:00PM MASTER CLASS PURPLE BELT AND ABOVE	6:30AM - 7:30AM GI	11:00AM - 12:00PM LEG LOCK BLUE BELT AND ABOVE
10:30AM - 11:30AM COMP ROUNDS	12:00PM - 1:00PM GI	10:30AM - 11:30AM COMP ROUNDS	12:00PM - 1:00PM GI	10:30AM - 11:30AM COMP ROUNDS	12:00PM - 1:00PM COMP ROUNDS
6:00PM - 7:00PM GI	6:00PM - 7:00PM GI	6:00PM - 7:00PM GI	6:00PM - 7:00PM GI	6:00PM - 7:00PM GI	
WOMENS GI	7:00PM - 8:00PM	7:00PM - 8:00PM	WOMENS GI	7:00PM - 8:00PM	
7:00PM - 8:00PM NO-GI	NO-GI	NO-GI	7:00PM - 8:00PM NO-GI	NO-GI	
NO-GI FUNDAMENTALS	NO-GI FUNDAMENTALS	NO-GI FUNDAMENTALS	NO-GI FUNDAMENTALS		

MIXED MARTIAL ARTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00PM - 7:00PM BOXING	4:30PM - 5:30PM MMA	5:30PM - 7:00PM ADV MUAY THAI ADVANCED LEVEL	5:00PM - 6:00PM WRESTLING	5:30PM - 7:00PM ADV MUAY THAI ADVANCED LEVEL	11:00AM - 12:00PM WRESTLING
7:00PM - 8:30PM MUAY THAI ALL LEVELS	5:30PM - 6:30PM WRESTLING	7:00PM - 8:30PM BEG MUAY THAI BEGINNER LEVEL	5:30PM - 6:30PM BOXING	6:00PM - 7:00PM MMA SPARRING	
	6:00PM - 7:00PM BOXING		7:00PM - 8:30PM MUAY THAI ALL LEVELS	7:00PM - 8:30PM BEG MUAY THAI BEGINNER LEVEL	
	7:00PM - 8:30PM MUAY THAI ALL LEVELS				