

KIDS / TEENS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15PM - 5:15PM ADVANCED GI COACHES MICHAEL TOHME COLBY ALLEN ABBY JULIAN	4:15PM - 5:15PM NO-GI BJJ AGES 8+ COACH COLBY ALLEN	4:15PM - 5:00PM JUNIOR KIDS BJJ AGES 4-8 COACHES REVEKKA ELI TANER BASACAR	4:30PM - 5:30PM KICKBOXING AGES 8+ COACHES TOMMY GUN RYAN BREICH DANNY BREICH	4:15PM - 5:00PM JUNIOR KIDS BJJ AGES 4-8 COACHES REVEKKA ELI TANER BASACAR	9:15AM - 10:00AM JUNIOR KIDS BJJ AGES 4-8 COACHES REVEKKA ELI TANER BASACAR
5:15PM - 6:00PM KICKBOXING AGES 8+ COACHES TOMMY GUN RYAN BREICH DANNY BREICH	5:15PM - 6:00PM KICKBOXING AGES 8+ COACHES TOMMY GUN RYAN BREICH DANNY BREICH	4:15PM - 5:15PM SENIOR KIDS BJJ SENIOR COLOURED BELTS COACHES MICHAEL TOHME COLBY ALLEN ABBY JULIAN		4:15PM - 5:15PM SENIOR KIDS BJJ SENIOR COLOURED BELTS COACHES MICHAEL TOHME COLBY ALLEN ABBY JULIAN	9:15AM - 10:15AM SENIOR KIDS BJJ SENIOR COLOURED BELTS COACHES MICHAEL TOHME COLBY ALLEN ABBY JULIAN
		5:15PM - 6:00PM SENIOR KIDS BJJ SENIOR WHITE BELTS COACHES MICHAEL TOHME COLBY ALLEN ABBY JULIAN		5:15PM - 6:00PM SENIOR KIDS BJJ SENIOR WHITE BELTS COACHES MICHAEL TOHME COLBY ALLEN ABBY JULIAN	10:15AM - 11:00AM SENIOR KIDS BJJ SENIOR WHITE BELTS COACHES MICHAEL TOHME COLBY ALLEN ABBY JULIAN

BRAZILIAN JIU-JITSU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM - 7:30AM NO-GI ALL GRADES COACH MICHAEL TOHME	11:00AM - 12:00PM NO-GI ALL GRADES COACH NINOS DAMMO	6:30AM - 7:30AM NO-GI ALL GRADES COACH MICHAEL TOHME	11:00AM - 12:00PM MASTER CLASS PURPLE BELT AND ABOVE COACH NINOS DAMMO	6:30AM - 7:30AM GI ALL GRADES COACH MICHAEL TOHME	11:00AM - 12:00PM NO-GI ADVANCED LEG LOCKS BLUE BELT AND ABOVE COACH COLBY ALLEN
6:00PM - 7:00PM GI WOMENS ALL GRADES COACH ABBY JULIAN	12:00PM - 1:00PM GI ALL GRADES COACH NINOS DAMMO	12:00PM - 1:00PM NO-GI ALL GRADES COACH TOMMY GUN	12:00PM - 1:00PM GI ALL GRADES COACH NINOS DAMMO	7:00PM - 8:00PM NO-GI FUNDAMENTALS ALL GRADES COACH TOMMY GUN	1:00PM - 2:00PM COMP ROUNDS COACH NINOS DAMMO
7:00PM - 8:00PM NO-GI ALL GRADES COACH TOMMY GUN	6:00PM - 7:00PM GI ALL GRADES COACH MICHAEL TOHME	6:00PM - 7:00PM GI ALL GRADES COACH NINOS DAMMO	5:30PM - 6:30PM GI WOMENS ALL GRADES COACH EMILY TALEVSKI		
	7:00PM - 8:00PM NO-GI FUNDAMENTALS ALL GRADES COACH TOMMY GUN	7:00PM - 8:00PM NO-GI COACH NINOS DAMMO	6:00PM - 7:00PM GI COACH NINOS DAMMO		
		NO-GI FUNDAMENTALS COACH VINNI	GI FUNDAMENTALS COACH VINNI		
			7:00PM - 8:00PM NO-GI ALL GRADES COACH NINOS DAMMO		

MIXED MARTIAL ARTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00PM - 6:00PM BOXING ALL LEVELS COACHES BLAKE CAPARELLO	4:30PM - 5:30PM MMA ALL GRADES COACH TOMMY GUN	6:00PM - 7:00PM KICKBOXING ALL LEVELS COACH SAM GRECO	5:30PM - 6:30PM MMA ALL GRADES COACH TOMMY GUN	6:00PM - 7:00PM KICKBOXING ALL LEVELS COACH SAM GRECO	10:00AM - 11:00AM BOXING ALL LEVELS COACH BLAKE CAPARELLO
6:00PM - 7:00PM KICKBOXING ALL LEVELS COACH SAM GRECO	5:30PM - 6:30PM WRESTLING ALL GRADES COACH BILAL ABDO		6:00PM - 7:00PM BOXING ALL LEVELS COACHES BLAKE CAPARELLO		11:00AM - 12:00PM WRESTLING ALL GRADES COACH BILAL ABDO
	6:00PM - 7:00PM BOXING ALL LEVELS COACHES BLAKE CAPARELLO				
	7:00PM - 8:00PM KICKBOXING ALL LEVELS COACH JUNIOR				