



613-257-3518

Class Schedule

Weekends

SATURDAY	SUNDAY
ADULT BJJ 8:30 - 9:30	NO CLASSES
KIDS MARTIAL ARTS (OPEN) 9:30 - 10:15	
ADULT/TEEN MMA 10:15 - 11:00	
KICKBOXING 11:15 - 12:00	

Weekday Evenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEGINNER KIDS 5:45 - 6:30	ADULT BJJ OPEN 6:00 - 6:30	BEGINNER KIDS 5:45 - 6:30	ADULT BJJ OPEN 6:00 - 6:30	NO CLASSES
INTERMEDIATE KIDS 6:30 - 7:15	ADULT BJJ 6:30 - 7:30	INTERMEDIATE KIDS 6:30 - 7:15	ADULT BJJ 6:30 - 7:30	
ADVANCED KIDS 7:15 - 8:00	INTERMEDIATE ADULTS 7:30 - 8:15	ADVANCED KIDS 7:15 - 8:00	INTERMEDIATE ADULTS 7:30 - 8:15	
KICKBOXING 8:15 - 9:00	ADVANCED ADULTS 8:15 - 9:00	KICKBOXING 8:15 - 9:00	ADVANCED ADULTS 8:15 - 9:00	