

SPARRING CLASSES CURRENTLY CLOSED UNTIL PROVINCIAL COVID PROTOCOLS PERMIT US TO SPAR AGAIN.

MONDAY:

|             |                                       |
|-------------|---------------------------------------|
| 6-7:15PM    | ADULT AND TEEN BRAZILIAN JIU JITSU GI |
| 7:15-8:30PM | ADULT AND TEEN MUAY THAI              |
| 8:30-9:15PM | SPARRING CLASS                        |

TUESDAY:

|             |  |
|-------------|--|
| 6-7PM       | YOUTH BRAZILIAN JIU JITSU 4-7YEARS OLD   |
| 7:15-8:30PM | ADULT AND TEEN MUAY THAI                 |
| 8:30-9:30PM | ADULT AND TEEN BRAZILIAN JIU JITSU NO GI |

WEDNESDAY:

|             |                                       |
|-------------|---------------------------------------|
| 6-7:15PM    | ADULT AND TEEN BRAZILIAN JIU JITSU GI |
| 7:15-8:30PM | ADULT AND TEEN MUAY THAI              |
| 8:30-9:15PM | SPARRING CLASS                        |

THURSDAY:

|             |  |
|-------------|--|
| 6-7PM       | YOUTH BRAZILIAN JIU JITSU 8-12YEARS OLD  |
| 7:15-8:30PM | ADULT AND TEEN MUAY THAI                 |
| 8:30-9:30PM | ADULT AND TEEN BRAZILIAN JIU JITSU NO GI |

FRIDAY:

|             |                              |
|-------------|------------------------------|
| NOON-1PM    | ADULT AND TEEN MUAY THAI     |
| 5:15-6:15PM | YOUTH MUAY THAI ALL AGES     |
| 6:15-7:15PM | COMBAT CONDITIONING ALL AGES |

SATURDAY:

|             |                                    |
|-------------|------------------------------------|
| 11AM-NOON   | ADULT AND TEEN OPEN MATT BJJ       |
| NOON-1PM    | YOUTH OVERFLOW BRAZILIAN JIU JITSU |
| 1-2PM       | YOUTH OVERFLOW MUAY THAI           |
| 2:30-3:30PM | ADULT AND TEEN MUAY THAI           |