



Kids MMA

Class	Mon	Tues	Wed	Thurs	Fri	Sat
Beg. Dragon (4-7 yrs)	4:00 to 4:30pm	5:00 to 5:30pm (Primary)	4:00 to 4:30pm	5:00 to 5:30pm (Primary)		11:30 to 12:00 pm
Int/Adv Dragon (5-7 yrs)	4:00 to 4:30pm	5:30 to 6:00pm (Primary)	4:00 to 4:30pm	5:30 to 6:00pm (Primary)		11:30 to 12:00 pm
Beg. Junior (8-13 yrs)	4:45 to 5:15pm	6:00 to 7:00pm (Primary)	4:45 to 5:15pm	6:00 to 7:00pm (Primary)		12:00 to 12:30pm
Inter. Junior (8-13 yrs)	5:15 to 6:00pm (Primary)	6:00 to 7:00pm	5:15 to 6:00pm (Primary)	6:00 to 7:00pm		12:00 to 12:30pm
Adv. Juniors (8-13 yrs)	6:00 to 7:00pm (Primary)	6:00 to 7:00pm	6:00 to 7:00pm (Primary)	6:00 to 7:00pm		12:00 to 12:30pm

Adult MMA

Class	Mon	Tues	Wed	Thurs	Fri	Sat
Adult	11:00 to 12:00pm	7:00 to 8:30pm (Primary)	11:00 to 12:00pm	7:00 to 8:30pm (Primary)	11:00 to 12:00pm	12:30 to 1:15pm

BJJ

Class	Mon	Tues	Wed	Thurs	Fri	Sat
BJJ	7:00 to 8:00pm		7:00 to 8:00pm			10:00 to 11:30am

Striking

Class	Mon	Tues	Wed	Thurs	Fri	Sat
Striking	8:00 to 9:00pm		8:00 to 9:00pm			9am to 10am Sparring