


CMC ADULT CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
Noon Class 45 Mins	KICKBOXING 12:05 - 12:50pm	JIU JITSU CLASS 12:05 - 12:50pm	KICKBOXING 12:05 - 12:50pm	JIU JITSU CLASS 12:05 - 12:50pm	KICKBOXING 12:05 - 12:50pm	KICKBOXING 12:05 - 12:50pm	Holy Rollers Open Mat GI SPARRING 12 - 1pm
45 Mins	JIU JITSU CLASS 5:30 - 6:15pm	KICKBOXING 5:30 - 6:15pm	JIU JITSU CLASS 5:30 - 6:15pm	KICKBOXING 5:30 - 6:15pm	<div style="border: 1px solid black; padding: 10px; text-align: center;"> Open Mat GI SPARRING 6 - 7pm </div>  <p>CANADIAN MARTIAL ARTS CENTRE CMCMMA.COM</p>		
30 Mins	JIU JITSU SPARRING 6:15 - 6:45pm	KICKBOXING SPARRING 6:15 - 6:45pm	JIU JITSU SPARRING 6:15 - 6:45pm	KICKBOXING SPARRING 6:15 - 6:45pm			
45 Mins	KICKBOXING 6:45 - 7:30pm	JIU JITSU SPARRING 6:45 - 7:30pm	KICKBOXING 6:45 - 7:30pm	JIU JITSU SPARRING 6:45 - 7:30pm			
45 Mins	Fighter Training 7:30 - 8:30 pm <i>By Invite Only</i>	Fighter Training 7:30 - 8:30pm <i>Invite Only</i>	JIU JITSU CLASS 7:30 - 8:15pm	Fighter Training 7:30 - 8:30pm <i>By Invite Only</i>	Fighter Training 7:30 - 8pm <i>Invite Only</i>	JIU JITSU CLASS 7:30 - 8:15pm	

July 2020