

# CANADIAN MARTIAL ARTS CENTRE

## \*\*NEW\*\* ADULT Class Schedule

Starts Sept 5!

	MON	TUES	WED	THURS	FRI	SAT	SUN
12:00PM	KICKBOXING 12 - 1pm	JIU JITSU 12 - 1pm	KICKBOXING 12 - 1pm	JIU JITSU 12 - 1pm	KICKBOXING 12 - 1pm	KICKBOXING 12 - 1pm	HOLY ROLLERS (Gi BJJ)
1:00PM						FIGHTER TRAINING 1 - 3pm	
5:30PM							
6:00PM	JIU JITSU 5:30 - 7pm	KICKBOXING 6 - 7pm	JIU JITSU 5:30 - 7pm	KICKBOXING 6 - 7pm			
7:00PM	KICKBOXING 7 - 8pm	MMA CLASS 7 - 8pm	KICKBOXING 7 - 8pm	MMA CLASS 7 - 8pm			
8:00PM		JIU-JITSU 8 - 9pm		JIU-JITSU 8 - 9pm			

Tues & Thurs  
have changed!

## KIDS Class Schedule

	MON	TUES	WED	THURS
5:30PM		LITTLE NINJAS (Ages 4 - 6) 5:30-6pm		LITTLE NINJAS (Ages 4 - 6) 5:30-6pm
6:00PM	YOUNG GLADIATORS Advanced Youth (Ages 7 - 12) 6 - 7pm	YOUNG JEDI Beginner Youth (Ages 7 - 12) 6 - 7pm	YOUNG GLADIATORS Advanced Youth (Ages 7 - 12) 6 - 7pm	YOUNG JEDI Beginner Youth (Ages 7 - 12) 6 - 7pm

Same as Before...  
Starts TUES Sept 5!

