


# CMC ADULT CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
<b>KICKBOXING</b> 12:05 - 12:50pm	<b>JIU JITSU</b> 12:05 - 12:50pm	<b>KICKBOXING</b> 12:05 - 12:50pm	<b>JIU JITSU</b> 12:05 - 12:50pm	<b>KICKBOXING</b> 12:05 - 12:50pm	<b>KICKBOXING</b> 12:05 - 12:50pm	<b>HOLY ROLLERS</b>
					<b>FIGHTER TRAINING</b> 1 - 3pm	
	<b>YOGA</b> 5 - 5:45pm		<b>YOGA</b> 5 - 5:45pm	 <p>CANADIAN MARTIAL ARTS CENTRE</p> <p>CMCMMA.COM</p>		
<b>JIU JITSU CLASS</b> 5:45 - 6:30pm	<b>KICKBOXING CLASS</b> 5:45 - 6:30pm	<b>JIU JITSU CLASS</b> 5:45 - 6:30pm	<b>KICKBOXING CLASS</b> 5:45 - 6:30pm			
<b>JIU JITSU SPARRING</b> 6:30 - 7:15pm	<b>KICKBOXING SPARRING</b> 6:30 - 7:15pm	<b>JIU JITSU SPARRING</b> 6:30 - 7:15pm	<b>KICKBOXING SPARRING</b> 6:30 - 7:15pm			
<b>KICKBOXING CLASS</b> 7:15 - 8pm	<b>JIU JITSU SPARRING</b> 7:15 - 8pm	<b>KICKBOXING CLASS</b> 7:15 - 8pm	<b>JIU JITSU SPARRING</b> 7:15 - 8pm			
<b>KICKBOXING SPARRING</b> 8 - 8:45pm	<b>JIU JITSU CLASS</b> 8 - 8:45pm	<b>KICKBOXING SPARRING</b> 8 - 8:45pm	<b>JIU JITSU CLASS</b> 8 - 8:45pm			