


# CMC ADULT CLASS SCHEDULE

	MON	TUES	WED	THURS	FRI	WEEKENDS	
						SAT	SUN
Noon Class 45 Mins	<b>KICKBOXING</b> 12:05 - 12:50pm	<b>JIU JITSU CLASS</b> 12:05 - 12:50pm	<b>KICKBOXING</b> 12:05 - 12:50pm	<b>JIU JITSU CLASS</b> 12:05 - 12:50pm	<b>KICKBOXING</b> 12:05 - 12:50pm		
5:45pm (45mins)	<b>JIU JITSU CLASS</b> 5:45 - 6:30pm	<b>KICKBOXING</b> 5:45 - 6:30pm	<b>JIU JITSU CLASS</b> 5:45 - 6:30pm	<b>KICKBOXING</b> 5:45 - 6:30pm	<b>GI BJJ Class</b> 6 - 7pm	<b>MMA TRAINING</b> <i>Fighters Only</i> 11am - 12pm	
6:30pm (30mins)	<b>JIU JITSU SPARRING</b> 6:30 - 7pm	<b>KICKBOXING SPARRING</b> 6:30 - 7pm	<b>JIU JITSU SPARRING</b> 6:30 - 7pm	<b>KICKBOXING SPARRING</b> 6:30 - 7pm		<b>JIU JITSU SPARRING</b> 12pm - 1pm	<b>Holy Rollers GI SPARRING</b> 12 - 1pm
7pm (45mins)	<b>KICKBOXING</b> 7 - 7:45pm	<b>JIU JITSU SPARRING</b> 7 - 7:45pm	<b>KICKBOXING</b> 7 - 7:45pm	<b>JIU JITSU SPARRING</b> 7 - 7:45pm	 CANADIAN MARTIAL ARTS CENTRE CMC MMA.COM Effective April 2022	<b>KICKBOXING SPARRING</b> 1pm - 2pm	<i>Weekends are subject to change depending on Tournaments, Seminars &amp; Other Events we may have scheduled.</i>
7:45pm (45mins)		<b>JIU JITSU CLASS</b> 7:45 - 8:30pm		<b>JIU JITSU CLASS</b> 7:45 - 8:30pm			