

### JUNIOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30AM - 10:00AM <b>FUN &amp; FITNESS 4 KIDS</b> 2-4 YEARS			9:00AM - 9:30AM <b>FUN &amp; FITNESS 4 KIDS</b> 2-4 YEARS
3:30PM - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30PM - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30PM - 4:15PM <b>MIGHTY MONKEYS</b> 7+ YEARS	3:30PM - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30PM - 4:00PM <b>FUN &amp; FITNESS 4 KIDS</b> 2-4 YEARS	9:30AM - 10:30AM <b>PANDAS &amp; MONKEYS COMBINED CLASS</b>
4:10PM - 4:55PM <b>MIGHTY MONKEYS</b> 7+ YEARS	4:10PM - 4:55PM <b>MIGHTY MONKEYS</b> 7+ YEARS	4:25PM - 4:55PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	4:10PM - 4:55PM <b>MIGHTY MONKEYS</b> 7+ YEARS	4:10PM - 4:40PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	10:30AM - 11:15AM <b>MMA FIT</b> 7+ & ADULTS
5:00PM - 5:45PM <b>ELITE SQUAD</b> INVITE ONLY		5:00PM - 5:45PM <b>ELITE SQUAD</b> INVITE ONLY	5:00PM - 5:45PM <b>MMA FIT</b> 7+ & ADULTS	4:45PM - 5:30PM <b>MIGHTY MONKEYS</b> 7+ YEARS	

### ADULT GRAPPLING & SELF-DEFENCE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30AM - 7:30AM <b>BJJ</b> ALL LEVELS			10:30AM - 11:15AM <b>MMA FIT</b> 7+ & ADULTS
12:30PM - 1:30PM <b>BJJ</b> ALL LEVELS		12:30PM - 1:30PM <b>STRIKING</b> FUNDAMENTALS	12:30PM - 1:30PM <b>BJJ</b> ALL LEVELS	12:30PM - 1:30PM <b>STRIKING</b> FUNDAMENTALS	11:15AM - 12:00PM <b>BJJ</b> NO GI
	5:00PM - 5:45PM <b>BJJ</b> FUNDAMENTALS		5:00PM - 5:45PM <b>MMA FIT</b> 7+ & ADULTS		
5:45PM - 6:30PM <b>PILATES 4 BJJ</b> ALL LEVELS	5:45PM - 6:30PM <b>STRIKING</b> FUNDAMENTALS	5:45PM - 6:30PM <b>WHITE BELT SURVIVOR</b>	5:45PM - 6:30PM <b>STRIKING</b> FUNDAMENTALS	5:30PM - 6:30PM <b>WHITE BELT SURVIVOR</b>	
6:30PM - 7:30PM <b>BJJ</b> ALL LEVELS	6:30PM - CLOSE <b>JUDO</b> ALL LEVELS	6:30PM - 7:30PM <b>BJJ</b> NO GI	6:30PM - CLOSE <b>BJJ</b> ALL LEVELS	6:30PM - 7:30PM <b>BJJ</b> NO-GI	
7:30PM - CLOSE <b>OPEN MAT</b> ALL LEVELS		7:30PM - CLOSE <b>SPARRING</b>			

#### FUN & FITNESS 4 KIDS

DONE WITH A PARENT HELPING THE CHILD THROUGH A CIRCUIT OF AWESOME ACTIVITIES DESIGNED TO IMPROVE GROSS MOTOR SKILLS AND SERVE AS AN INTRO INTO MARTIAL ARTS TRAINING. LOADS OF FUN, AND A GREAT CLASS FOR THE BONDING BETWEEN PARENT AND CHILD.

#### PLAYFUL PANDAS

PLAY IS SCIENTIFICALLY PROVEN AS THE BEST WAY FOR YOUNG CHILDREN TO LEARN. IN THIS CLASS THEY WILL DEVELOP THE SAME SKILLS AND TECHNIQUES AS OLDER KIDS AND ADULTS, BUT IT IS TAUGHT IN A PLAYFUL MANNER THAT WILL MAKE LEARNING EASIER AND MORE FUN FOR YOUR CHILD. GREAT FOR SELF-CONFIDENCE AND DISCIPLINE.

#### MIGHTY MONKEYS

WE WANT ALL OF OUR MEMBERS TO ACHIEVE TO THEIR FULLEST - THAT IS TO BE MIGHTY! IN THIS AGE GROUP THE KIDS ARE LEARNING IN A MORE ADULT-WAY. THIS BRINGS FOCUS, DISCIPLINE AND REWARD FOR EFFORT TO THE FOREFRONT OF OUR TEACHING STYLE.

#### INFINITY ELITE SQUAD

INVITE-ONLY AND THE HIGHEST HONOUR IN OUR JUNIOR PROGRAM. THIS IS THE ADVANCED CLASS FOR THE KIDS AND ONE THAT WE HOPE ALL JUNIOR INFINITY MEMBERS ASPIRE TO BE A PART OF!

#### FUNDAMENTALS

OUR CORE SKILLS AND TECHNIQUES FOR BJJ & MMA. FOR BEGINNERS THROUGH TO THE INTERMEDIATE STAGES. YOU WILL BE PARTNERED WITH OTHER MEMBERS AT A SIMILAR STAGE.

#### ALL LEVELS

A CLASS FOR BOTH BEGINNERS AND ADVANCED MEMBERS TO TRAIN TOGETHER. YOU WILL BE PAIRED UP WITH SOMEONE OF SIMILAR ABILITY!

#### NO-GI

WITHOUT THE GI (UNIFORM). BRING SHORTS AND A RASH GUARD OR T-SHIRT.

#### MMA FIT

A COMBINATION OF HIIT, BOXING, KICKBOXING, MMA BODYWEIGHT TRAINING & PILATES FOR AGES 7+

#### WHITE BELT SURVIVOR

A CLASS DESIGNED SPECIFICALLY FOR ABSOLUTE BEGINNERS, FOCUSING PREDOMINANTLY ON SELF-DEFENSE. WHITE BELT ONLY.