

### JUNIOR CLASSES

| MONDAY                                                    | TUESDAY                                                   | WEDNESDAY                                                             | THURSDAY                                                  | FRIDAY                                                              | SATURDAY                                                                |
|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------------------|-----------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------|
|                                                           |                                                           | 10:00AM - 10:30AM<br><b>FUN &amp; FITNESS<br/>4 KIDS</b><br>2-4 YEARS | 10:00AM - 10:30AM<br><b>FLEXI<br/>LEARNING</b><br>4+      |                                                                     | 9:30AM - 10:00AM<br><b>FUN &amp; FITNESS<br/>4 KIDS</b><br>2-4 YEARS    |
| 3:30PM - 4:00PM<br><b>PLAYFUL<br/>PANDAS</b><br>4-7 YEARS | 3:30PM - 4:00PM<br><b>PLAYFUL<br/>PANDAS</b><br>4-7 YEARS | 3:30PM - 4:00PM<br><b>PLAYFUL<br/>PANDAS</b><br>4-7 YEARS             | 3:30PM - 4:00PM<br><b>PLAYFUL<br/>PANDAS</b><br>4-7 YEARS | 3:30PM - 4:00PM<br><b>FUN &amp; FITNESS<br/>4 KIDS</b><br>2-4 YEARS | 10:00AM - 11:00AM<br><b>PANDAS &amp;<br/>MONKEYS<br/>COMBINED CLASS</b> |
| 4:10PM - 4:55PM<br><b>MIGHTY<br/>MONKEYS</b><br>7+ YEARS  | 4:10PM - 4:55PM<br><b>MIGHTY<br/>MONKEYS</b><br>7+ YEARS  | 4:10PM - 4:55PM<br><b>MIGHTY<br/>MONKEYS</b><br>7+ YEARS              | 4:10PM - 4:55PM<br><b>MIGHTY<br/>MONKEYS</b><br>7+ YEARS  | 4:10PM - 4:40PM<br><b>PLAYFUL<br/>PANDAS</b><br>4-7 YEARS           |                                                                         |
| 5:00PM - 5:45PM<br><b>KIDS COMP PREP</b><br>7+ YEARS      | 5:00PM - 5:45PM<br><b>KIDS COMP PREP</b><br>7+ YEARS      | 5:00PM - 5:45PM<br><b>MMA FIT</b><br>7+ & ADULTS                      | 5:00PM - 5:45PM<br><b>KIDS COMP PREP</b><br>7+ YEARS      | 4:45PM - 5:30PM<br><b>MIGHTY<br/>MONKEYS</b><br>7+ YEARS            |                                                                         |

### ADULT GRAPPLING & SELF-DEFENCE CLASSES

| MONDAY                                                      | TUESDAY                                                     | WEDNESDAY                                                   | THURSDAY                                                    | FRIDAY                                                      | SATURDAY                                                      |
|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------|
| 12:30PM - 1:30PM<br><b>BJJ</b><br>ALL LEVELS                |                                                             | 12:30PM - 1:30PM<br><b>NO GI BJJ</b><br>ALL LEVELS          | 12:30PM - 1:30PM<br><b>BJJ</b><br>ALL LEVELS                | 12:30PM - 1:30PM<br><b>NO GI BJJ</b><br>ALL LEVELS          | 11:15AM - 12:00PM<br><b>NO GI BJJ</b><br>ALL LEVELS           |
|                                                             |                                                             | 5:00PM - 5:45PM<br><b>MMA FIT</b><br>7+ & ADULTS            |                                                             |                                                             | 12:00PM - 1:00PM<br><b>OPEN MAT</b><br>ROLL/SPAR - ALL LEVELS |
| 5:45PM - 6:30PM<br><b>INTRO TO BJJ</b><br>WHITE BELT        | 5:45PM - 6:45PM<br><b>STRIKING</b><br>ALL LEVELS            | 5:45PM - 6:30PM<br><b>INTRO TO BJJ</b><br>WHITE BELT        | 5:45PM - 6:45PM<br><b>STRIKING</b><br>ALL LEVELS            | 5:45PM - 6:30PM<br><b>INTRO TO BJJ</b><br>WHITE BELT        |                                                               |
| 6:30PM - 7:30PM<br><b>BJJ</b><br>ALL LEVELS                 | 6:30PM - 7:30PM<br><b>BJJ</b><br>ALL LEVELS                 | 6:30PM - 7:30PM<br><b>NO GI BJJ</b><br>ALL LEVELS           | 6:30PM - 7:30PM<br><b>BJJ</b><br>ALL LEVELS                 | 6:30PM - 7:30PM<br><b>NO GI BJJ</b><br>ALL LEVELS           |                                                               |
| 7:30PM - CLOSE<br><b>OPEN MAT</b><br>ROLL/SPAR - ALL LEVELS | 7:30PM - CLOSE<br><b>OPEN MAT</b><br>ROLL/SPAR - ALL LEVELS | 7:30PM - CLOSE<br><b>OPEN MAT</b><br>ROLL/SPAR - ALL LEVELS | 7:30PM - CLOSE<br><b>OPEN MAT</b><br>ROLL/SPAR - ALL LEVELS | 7:30PM - CLOSE<br><b>OPEN MAT</b><br>ROLL/SPAR - ALL LEVELS |                                                               |

#### **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.

#### **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+