

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>BOXING</u>			10-11AM (by appointment)	10-11AM (by appointment)		(OPEN) 10-11AM	
<u>BRAZILIAN JIU JITSU</u>	ALL LEVELS 12-1PM (by appointment)		ALL LEVELS 12-1PM (by appointment)				
<u>PRIVATES AVAILABLE</u>							
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<u>PRIVATES AVAILABLE</u>							
<u>BOXING</u>			(OPEN) 5:30-6:30PM	5-6:30PM	5-6:30PM		
<u>BRAZILIAN JIU JITSU</u>	FUNDAMENTALS 6:30-7:30PM INTER/ADV 7:30-8:30PM	NO GI/COMBAT (GLOVES) 7:30-8:30PM	FUNDAMENTALS 6:30-7:30PM INTER/ADV 7:30-8:30PM		OPEN MAT ALL LEVELS 6:30-8PM		
<u>KIDS WRESTLING</u>						11-12PM	
<u>FMA/KALI</u>				7:30-8:30PM			
<u>WOMEN ONLY BRAZILIAN JIU JITSU</u>		FUNDAMENTALS 6:30-7:30PM			OPEN MAT ALL LEVELS 6:30-8PM		
<u>KIDS CLASSES</u>	BJJ 5-6PM	KICKBOXING 5-6PM	BJJ (ADVANCED) GREY/WHITE BELT AND ABOVE 5-6PM		BOXING 5-6PM BJJ OPEN MAT (Coloured ranks only) 6:30-7:30pm	BJJ 9-10AM BOXING 10-11AM WRESTLING 11-12PM	

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*Classes and times subject to change