

LIONS MMA SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		, , , , , , , , , , , , , , , , , , , ,
All Levels 6:30am - 7:30am	All Levels 6:30am - 7:30am	All Levels 6:30am - 7:30am	All Levels 6:30am - 7:30am	All Levels 6:30am - 7:30am		
Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	Fight Fit	
All Levels	All Levels	All Levels	All Levels	All Levels	Strength and Conditioning	
6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	9:00am - 10:00am	
1132 Granville	1132 Granville	1132 Granville	1132 Granville	1132 Granville		
Fight Fit Cardio Boxing	Fight Fit Cardio Kickboxing	Fight Fit Strength and Conditioning	Fight Fit Cardio Kickboxing	Fight Fit Cardio Boxing	Kids BJJ 8+ Years Old	Youth Wrestling 7+ Years Old
7:45am-8:45am	7:45am-8:45am	7:45am-8:45am	7:45am-8:45am	7:45am-8:45am	10:00 - 11:00am 1132 Granville	10:00am-11:00am
Women's Only Kickboxing	Muay Thai All Levels	Women's Only Kickboxing	Muay Thai All Levels	Women's Only Kickboxing	Women's Only Kickboxing	Little Lions 4-6 Years Old
9:00am - 10:00am Dutch Kickboxing	9:00am - 10:00am Boxing	9:00am - 10:00am Dutch Kickboxing	9:00am - 10:00am Boxing	9:00am - 10:00am Dutch Kickboxing	10:00am - 11:00am Womens Only	Teens Striking 13+ Years Old
Drills Int - Advanced	Beginners	Drills Int - Advanced	Beginners	Drills Int - Advanced	Brazilian Jiu-Jitsu 11:00am - 12:00pm	10:00am - 11:00am
11:00am - 12:00pm	11:00am - 12:00pm Boxing	11:00am - 12:00pm	11:00am - 12:00pm Boxing	11:00am - 12:00pm	1132 Granville Boxing	Boxing
	Int - Advanced		Int - Advanced		All Levels	All Levels
	11:00am - 12:00pm		11:00am - 12:00pm		11:15am - 12:15pm	11:15am - 12:15pm
Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners
12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:30pm - 1:30pm	12:30pm - 1:30pm
Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai
Int - Advanced 12:00pm - 1:00pm	Int - Advanced 12:00pm - 1:00pm	Int - Advanced 12:00pm - 1:00pm	Int - Advanced 12:00pm - 1:00pm	Int - Advanced 12:00pm - 1:00pm	Int - Advanced 12:30pm - 1:30pm	Int - Advanced 12:30pm - 1:30pm
No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	OPEN MAT
Int - Advanced 12:00pm - 1:15pm	Int - Advanced 12:00pm - 1:15pm	Int - Advanced 12:00pm - 1:15pm	Int - Advanced 12:00pm - 1:15pm	Int - Advanced 12:00pm - 1:15pm	All Levels 12:00pm - 1:15pm	12:00pm - 2:00pm
1132 Granville	1132 Granville	1132 Granville	1132 Granville	1132 Granville	1132 Granville	1132 Granville
No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi	No Gi	
Beginners 1:30pm - 2:30pm	Beginners 1:30pm-2:30pm	Beginners 1:30pm - 2:30pm	Beginners 1:30pm-2:30pm	Beginners 1:30pm - 2:30pm	All Levels 1:30pm - 2:30pm	
1132 Granville	1132 Granville	1132 Granville	1132 Granville	1132 Granville	1132 Granville	
Kids BJJ	Kids BJJ 8+ Years Old	Kids BJJ	Kids BJJ 8+ Years Old	Kids BJJ	Wrestling	
8+ Years Old 4:00 - 5:00pm	4:00 - 5:00pm	8+ Years Old 4:00 - 5:00pm	4:00 - 5:00pm	8+ Years Old 4:00 - 5:00pm	For MMA and No-Gi All Levels	
1132 Granville	1132 Granville	1132 Granville	1132 Granville	1132 Granville	1:45pm - 3:00pm	
Little Lions Pankration	Little Lions Martial Arts	Little Lions Pankration	Little Lions Martial Arts	Little Lions Martial Arts /		
				Pankration		
7-12 Years Old 4:00pm - 5:00pm	4-6 Years Old 4:00 - 5:00pm	7-12 Years Old 4:00pm - 5:00pm	4-6 Years Old 4:00 - 5:00pm	4-6 / 7-12 Years Old 4:00pm - 5:00pm		
	Teens Striking		Teens Striking	Teens Striking		
	13+ Years Old 4:00pm - 5:00pm		13+ Years Old 4:00pm - 5:00pm	13+ Years Old 4:00pm - 5:00pm		
No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu		
All Levels	White Belt Only	All Levels	White Belt Only	White Belt Only		
5:15pm - 6:15pm 1132 Granville	5:15pm - 6:15pm 1132 Granville	5:15pm - 6:15pm 1132 Granville	5:15pm - 6:15pm 1132 Granville	5:15pm - 6:15pm 1132 Granville		
Boxing	Muay Thai	Boxing	Muay Thai	Womens Only		
Beginners	Beginners	Beginners	Beginners	Brazilian Jiu-Jitsu		
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm 1256 Granville Street		
Boxing	Muay Thai	Boxing	Muay Thai	Women's Kickboxing		
Int - Advanced	Int - Advanced	Int - Advanced	Int - Advanced	All Levels		
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm		
Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	No Gi		
Fundamentals 6:25pm - 7:25pm	Fundamentals 6:25pm - 7:25pm	Fundamentals 6:25pm - 7:25pm	Fundamentals 6:25pm - 7:25pm	All Levels 6:25pm - 7:25pm		
1132 Granville	1132 Granville	1132 Granville	1132 Granville	1132 Granville		
Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
Beginners 6:25pm - 7:25pm	Beginners 6:25pm - 7:25pm	Beginners 6:25pm - 7:25pm	Beginners 6:25pm - 7:25pm	Beginners 6:25pm - 7:25pm		
Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
Int - Advanced	Int - Advanced	Int - Advanced	Int - Advanced	Int - Advanced		
6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm		
Brazilian Jiu-Jitsu Int-Adv	Brazilian Jiu-Jitsu All Levels	Brazilian Jiu-Jitsu Int-Adv	Brazilian Jiu-Jitsu All Levels	Brazilian Jiu-Jitsu Int-Adv		
7:35pm - CLOSE	7:35pm - CLOSE	7:35pm - CLOSE	7:35pm - CLOSE	7:35pm - CLOSE		
1132 Granville	1132 Granville No Gi	1132 Granville Muay Thai	1132 Granville No Gi	1132 Granville Muay Thai		
Muay Thai Beginners	No Gi Beginners	Muay Thai Beginners	No Gi Beginners	Muay Thai Beginners		
7:35pm - 8:35pm	7:35pm - CLOSE	7:35pm - 8:35pm	7:35pm - CLOSE	7:35pm - 8:35pm		
Dutch Kickboxing	No Gi	Dutch Kickboxing	No Gi	Dutch Kickboxing		
Drills + Sparring Int - Advanced	Int - Advanced	Drills + Sparring Int - Advanced	Int - Advanced	Drills + Sparring Int - Advanced		
7:35pm - CLOSE	7:35pm - CLOSE	7:35pm - CLOSE	7:35pm - CLOSE	7:35pm - CLOSE		
TEAM TRAINING	MMA TRAINING	TEAM TRAINING	MMA TRAINING	TEAM TRAINING		
INT-ADV	2 STRIPES AND ABOV	E OR INSTRUCTOR IN	VITATION			