



LIONS MMA SCHEDULE



GRAPPLING - 1133 Granville

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Brazilian Jiu-Jitsu All Levels 6:30am - 7:30am	No Gi All Levels 6:30am - 7:30am	Brazilian Jiu-Jitsu All Levels 6:30am - 7:30am	No Gi All Levels 6:30am - 7:30am	Brazilian Jiu-Jitsu All Levels 6:30am - 7:30am		
					Strength and Conditioning 9:00am - 10:00am	
					Wrestling All Levels 10:00am - 11:00am	
		Competition Training + Strategy 11:00am - 12:00pm			Womens Only Brazilian Jiu-Jitsu 11:00am - 12:00pm	Brazilian Jiu-Jitsu All Levels 11:00am - 12:00pm
No Gi All Levels 12:00pm - 1:15pm	Brazilian Jiu-Jitsu All Levels 12:00pm - 1:15pm	No Gi All Levels 12:00pm - 1:15pm	Brazilian Jiu-Jitsu All Levels 12:00pm - 1:15pm	No Gi All Levels 12:00pm - 1:15pm	No Gi All Levels 12:00pm - 1:15pm	Open Mat All Levels 12:00pm - 2:00pm
Brazilian Jiu-Jitsu All Levels 1:30pm - 2:30pm	No Gi All Levels 1:30pm - 2:30pm	Brazilian Jiu-Jitsu All Levels 1:30pm - 2:30pm	No Gi All Levels 1:30pm - 2:30pm	Brazilian Jiu-Jitsu All Levels 1:30pm - 2:30pm	Brazilian Jiu-Jitsu All Levels 1:30pm - 2:30pm	
Kids BJJ 8+ Years Old 4:00pm - 5:00pm	Kids BJJ 8+ Years Old 4:00pm - 5:00pm	Kids BJJ 8+ Years Old 4:00pm - 5:00pm	Kids BJJ 8+ Years Old 4:00pm - 5:00pm	Kids BJJ 8+ Years Old 4:00pm - 5:00pm		
No Gi All Levels 5:15pm - 6:15pm	Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	Womens Only No-Gi 5:15pm - 6:15pm	Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	Brazilian Jiu-Jitsu All Levels 5:30pm - 6:30pm	No Gi All Levels 5:30pm - 6:30pm
Brazilian Jiu-Jitsu White Belt Only 6:25pm - 7:25pm	Brazilian Jiu-Jitsu All Levels 6:25pm - 7:25pm	No Gi All Levels 6:25pm - 7:25pm	Brazilian Jiu-Jitsu All Levels 6:25pm - 7:25pm	No Gi All Levels 6:25pm - 7:25pm		
Brazilian Jiu-Jitsu Int-Adv 7:30pm - 8:30pm	No Gi Int - Advanced 7:30pm - 8:30pm	Brazilian Jiu-Jitsu Int-Adv 7:30pm - 8:30pm	No Gi Int - Advanced 7:30pm - 8:30pm	Brazilian Jiu-Jitsu All Levels 7:30pm - 8:30pm		
	No Gi Beginners 7:35pm-8:35pm 1256 Granville St.		No Gi Beginners 7:35pm-8:35pm 1256 Granville St.			
BJJ Comp. Training + Rolling 8:30pm - CLOSE	Wrestling Int - Advanced 7:35pm - 8:35pm 1256 Granville St.	BJJ Comp. Training + Rolling 8:30pm - CLOSE	MMA Int - Advanced 7:35pm - 8:35pm 1256 Granville St.			
	No Gi Comp. Training + Rolling 8:30pm - CLOSE		No Gi Comp. Training + Rolling 8:30pm - CLOSE			

INT-ADV

BLUE BELT AND ABOVE

WRESTLING / MMA

PREVIOUS GRAPPLING EXPERIENCE REQUIRED.
CONTACT INFO@LIONSMMMA.CA FOR MORE INFORMATION

COMP. TRAINING + ROLLING

THESE ARE NOT CLASSES. THEY ARE EXTENSIONS OF THE PREVIOUS CLASS. ATTENDANCE TO THE PREVIOUS CLASS IS MANDATORY TO ATTEND.

1256 GRANVILLE ST.

THESE CLASSES ARE HELD AT LIONS MMA HQ @ 1256 GRANVILLE STREET