



# LIONS MMA SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muay Thai All Levels 6:30am - 7:30am	Muay Thai All Levels 6:30am - 7:30am	Muay Thai All Levels 6:30am - 7:30am	Muay Thai All Levels 6:30am - 7:30am	Muay Thai All Levels 6:30am - 7:30am	Strength and Conditioning 9:00am - 10:00am 1133 Granville	
Brazilian Jiu-Jitsu All Levels 6:30am - 7:30am 1133 Granville	No Gi All Levels 6:30am - 7:30am 1133 Granville	Brazilian Jiu-Jitsu All Levels 6:30am - 7:30am 1133 Granville	No Gi All Levels 6:30am - 7:30am 1133 Granville	Brazilian Jiu-Jitsu All Levels 6:30am - 7:30am 1133 Granville	Muay Thai All Levels 9:00am - 10:00am	
Boxing All Levels 7:30am - 8:30am	Dutch Kickboxing Drills All Levels 7:30am - 8:30am	Muay Thai All Levels 7:30am - 8:30am	Dutch Kickboxing Drills All Levels 7:30am - 8:30am	Boxing All Levels 7:30am - 8:30am	Wrestling All Levels 10:00am - 11:00am 1133 Granville	Lite Lions Wrestling 4-12 Years Old 10:00am-11:00am
Women's Only Muay Thai 9:00am - 10:00am	Muay Thai All Levels 9:00am - 10:00am	Women's Only Muay Thai 9:00am - 10:00am	Muay Thai All Levels 9:00am - 10:00am	Women's Only Muay Thai 9:00am - 10:00am	Women's Only Muay Thai 10:00am - 11:00am	Teens Striking 13+ Years Old 10:00am - 11:00am
Dutch Kickboxing Drills + Sparring Int - Advanced 11:00am - 12:00pm	Boxing Beginners 11:00am - 12:00pm	Dutch Kickboxing Drills + Sparring Int - Advanced 11:00am - 12:00pm	Boxing Beginners 11:00am - 12:00pm	Dutch Kickboxing Drills + Sparring Int - Advanced 11:00am - 12:00pm	Womens Only Brazilian Jiu-Jitsu 11:00am - 12:00pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 11:00am - 12:00pm 1133 Granville
	Boxing Int - Advanced 11:00am - 12:00pm		Boxing Int - Advanced 11:00am - 12:00pm		Boxing All Levels 11:15am - 12:15pm	Boxing All Levels 11:15am - 12:15pm
Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:00pm - 1:00pm	Muay Thai Beginners 12:30pm - 1:30pm	Muay Thai Beginners 12:30pm - 1:30pm
Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:30pm - 1:30pm	Muay Thai Int - Advanced 12:30pm - 1:30pm
No Gi All Levels 12:00pm - 1:15pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 12:00pm - 1:15pm 1133 Granville	No Gi All Levels 12:00pm - 1:15pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 12:00pm - 1:15pm 1133 Granville	No Gi All Levels 12:00pm - 1:15pm 1133 Granville	No Gi All Levels 12:00pm - 1:15pm 1133 Granville	Open Mat All Levels 12:00pm - 2:00pm 1133 Granville
Brazilian Jiu-Jitsu All Levels 1:30pm - 2:30pm 1133 Granville	No Gi All Levels 1:30pm - 2:30pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 1:30pm - 2:30pm 1133 Granville	No Gi All Levels 1:30pm - 2:30pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 1:30pm - 2:30pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 1:30pm - 2:30pm 1133 Granville	
Kids BJJ 8+ Years Old 4:00pm - 5:00pm 1133 Granville	Kids BJJ 8+ Years Old 4:00pm - 5:00pm 1133 Granville	Kids BJJ 8+ Years Old 4:00pm - 5:00pm 1133 Granville	Kids BJJ 8+ Years Old 4:00pm - 5:00pm 1133 Granville	Kids BJJ 8+ Years Old 4:00pm - 5:00pm 1133 Granville	Dutch Kickboxing Drills + Sparring Int - Advanced 1:45pm - 3:00pm	
Little Lions Pankration 8-12 Years Old 4:00pm - 5:00pm	Little Lions Martial Arts 4-7 Years Old 4:00pm - 4:50pm	Little Lions Pankration 8-12 Years Old 4:00pm - 5:00pm	Little Lions Martial Arts 4-7 Years Old 4:00pm - 4:50pm	Little Lions Martial Arts / Pankration 4-6 / 7-12 Years Old 4:00pm - 5:00pm		
Teens Striking 13+ Years Old 4:00pm - 5:00pm	Teens Striking 13+ Years Old 4:00pm - 5:00pm		Teens Striking 13+ Years Old 4:00pm - 5:00pm	Teens Striking 13+ Years Old 4:00pm - 5:00pm		
No Gi All Levels 5:15pm - 6:15pm 1133 Granville	Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville	Womens Only No-Gi 5:15pm - 6:15pm 1133 Granville	Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville	Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville	Brazilian Jiu-Jitsu White Belt Only 5:30pm - 6:30pm 1133 Granville	No Gi All Levels 5:30pm - 6:30pm 1133 Granville
Boxing Beginners 5:15pm - 6:15pm	Muay Thai Beginners 5:15pm - 6:15pm	Boxing Beginners 5:15pm - 6:15pm	Muay Thai Beginners 5:15pm - 6:15pm	Women's Kickboxing Muay Thai 5:15pm - 6:15pm		
Boxing Int - Advanced 5:15pm - 6:15pm	Muay Thai Int - Advanced 5:15pm - 6:15pm	Boxing Int - Advanced 5:15pm - 6:15pm	Muay Thai Int - Advanced 5:15pm - 6:15pm			
Brazilian Jiu-Jitsu White Belt Only 6:25pm - 7:25pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 6:25pm - 7:25pm 1133 Granville	No Gi All Levels 6:25pm - 7:25pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 6:25pm - 7:25pm 1133 Granville	No Gi All Levels 6:25pm - 7:25pm 1133 Granville		
Muay Thai Beginners 6:25pm - 7:25pm	Muay Thai Beginners 6:25pm - 7:25pm	Muay Thai Beginners 6:25pm - 7:25pm	Muay Thai Beginners 6:25pm - 7:25pm	Muay Thai Beginners 6:25pm - 7:25pm		
Muay Thai Int - Advanced 6:25pm - 7:25pm	Muay Thai Int - Advanced 6:25pm - 7:25pm	Muay Thai Int - Advanced 6:25pm - 7:25pm	Muay Thai Int - Advanced 6:25pm - 7:25pm	Muay Thai Int - Advanced 6:25pm - 7:25pm		
Brazilian Jiu-Jitsu Int-Adv 7:30pm - 8:30pm 1133 Granville	No Gi Int - Advanced 7:30pm - 8:30pm 1133 Granville	Brazilian Jiu-Jitsu Int-Adv 7:30pm - 8:30pm 1133 Granville	No Gi Int - Advanced 7:30pm - 8:30pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 7:30pm - 8:30pm 1133 Granville		
Muay Thai Beginners 7:35pm - 8:35pm	No Gi Beginners 7:35pm - 8:35pm	Muay Thai Beginners 7:35pm - 8:35pm	No Gi Beginners 7:35pm - 8:35pm	Muay Thai Beginners 7:35pm - 8:35pm		
Dutch Kickboxing Drills + Sparring Beginners 7:35pm - 8:35pm	Wrestling Int - Advanced 7:35pm - 8:35pm	Dutch Kickboxing Drills + Sparring Beginners 7:35pm - 8:35pm	MMA Int - Advanced 7:35pm - 8:35pm	Dutch Kickboxing Drills + Sparring Int - Advanced 7:35pm - 8:35pm		
Dutch Kickboxing Drills + Sparring Int - Advanced 7:35pm - 8:35pm		Dutch Kickboxing Drills + Sparring Int - Advanced 7:35pm - 8:35pm				
TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING		
BJJ Comp. Training + Rolling 8:30pm - CLOSE 1133 Granville	No Gi Comp. Training + Rolling 8:30pm - CLOSE 1133 Granville	BJJ Comp. Training + Rolling 8:30pm - CLOSE 1133 Granville	No Gi Comp. Training + Rolling 8:30pm - CLOSE 1133 Granville			

**INT-ADV** 2 STRIPES AND ABOVE OR INSTRUCTOR INVITATION

**WRESTLING** PREVIOUS GRAPPLING EXPERIENCE REQUIRED.  
CONTACT [INFO@LIONSMMA.CA](mailto:INFO@LIONSMMA.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.