

LIONS MMA SCHEDULE



ANCIT						AVCIT
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muay Thai All Levels	Muay Thai All Levels	Muay Thai All Levels	Muay Thai All Levels	Muay Thai 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	
					1133 Granville	
Brazilian Jiu-Jitsu All Levels	No Gi All Levels	Brazilian Jiu-Jitsu All Levels	No Gi All Levels	Brazilian Jiu-Jitsu All Levels	Muay Thai	
6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	All Levels	
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	9:00am - 10:00am	
Boxing	Dutch Kickboxing Drills	Muay Thai	Dutch Kickboxing Drills	Boxing	Wrestling All Levels	Litte Lions Wrestling
All Levels	All Levels	All Levels	All Levels	All Levels	10:00am - 11:00am	4-12 Years Old
7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	1133 Granville	10:00am-11:00am
Women's Only Muay Thai	Muay Thai All Levels	Women's Only Muay Thai	Muay Thai All Levels	Women's Only Muay Thai	Women's Only Muay Thai	Teens Striking 13+ Years Old
9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	10:00am - 11:00am	10:00am - 11:00am
Dutch Kickboxing	Boxing	Dutch Kickboxing	Boxing	Dutch Kickboxing	Womens Only	Brazilian Jiu-Jitsu
Drills + Sparring	Beginners	Drills + Sparring	Beginners	Drills + Sparring	Brazilian Jiu-Jitsu	All Levels
Int - Advanced 11:00am - 12:00pm	11:00am - 12:00pm	Int - Advanced 11:00am - 12:00pm	11:00am - 12:00pm	Int - Advanced 11:00am - 12:00pm	11:00am - 12:00pm 1133 Granville	11:00am - 12:00pm 1133 Granville
	Boxing		Boxing		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	Int - Advanced	Int - Advanced	Int - Advanced	Int - Advanced	Int - Advanced	Int - Advanced
12:00pm - 1:00pm	12:00pm - 1:00pm Brazilian Jiu-Jitsu	12:00pm - 1:00pm	12:00pm - 1:00pm Brazilian Jiu-Jitsu	12:00pm - 1:00pm	12:30pm - 1:30pm	12:30pm - 1:30pm Open Mat
No Gi All Levels	All Levels	No Gi All Levels	All Levels	No Gi All Levels	No Gi All Levels	All Levels
12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 2:00pm 1133 Granville
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	
Brazilian Jiu-Jitsu All Levels	No Gi All Levels	Brazilian Jiu-Jitsu All Levels	No Gi All Levels	Brazilian Jiu-Jitsu All Levels	Brazilian Jiu-Jitsu All Levels	
1:30pm - 2:30pm	1:30pm - 2:30pm	1:30pm - 2:30pm	1:30pm - 2:30pm	1:30pm - 2:30pm	1:30pm - 2:30pm	
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	
Kids BJJ 8+ Years Old	Kids BJJ 8+ Years Old	Kids BJJ 8+ Years Old	Kids BJJ 8+ Years Old	Kids BJJ 8+ Years Old	Dutch Kickboxing Drills + Sparring	
8+ Years Old 4:00pm- 5:00pm	4:00pm- 5:00pm	4:00pm- 5:00pm	4:00pm- 5:00pm	8+ Years Old 4:00pm- 5:00pm	Int - Advanced	
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1:45pm - 3:00pm	
Little Lions Pankration	Little Lions Martial Arts	Little Lions Pankration	Little Lions Martial Arts	Little Lions Martial Arts /		
				Pankration		
8-12 Years Old	4-7 Years Old 4:00pm - 4:50pm	8-12 Years Old 4:00pm - 5:00pm	4-7 Years Old 4:00pm - 4:50pm	4-6 / 7-12 Years Old 4:00pm - 5:00pm		
4:00pm - 5:00pm Teens Striking	4:00pm - 4:50pm Teens Striking	noopin - 5.00pin	4:00pm - 4:50pm Teens Striking	4:00pm - 5:00pm Teens Striking		
13+ Years Old	13+ Years Old		13+ Years Old	13+ Years Old		
4:00pm - 5:00pm	4:00pm - 5:00pm		4:00pm - 5:00pm	4:00pm - 5:00pm		
No Gi All Levels	Brazilian Jiu-Jitsu White Belt Only	Womens Only No-Gi	Brazilian Jiu-Jitsu White Belt Only	Brazilian Jiu-Jitsu White Belt Only	Brazilian Jiu-Jitsu White Belt Only	No Gi All Levels
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:30pm - 6:30pm	5:30pm - 6:30pm
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville
Boxing	Muay Thai	Boxing	Muay Thai	Women's Kickboxing		
Beginners	Beginners	Beginners	Beginners	Muay Thai		
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm		
Boxing Int - Advanced	Muay Thai Int - Advanced	Boxing Int - Advanced	Muay Thai Int - Advanced			
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm			
Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi		
White Belt Only	All Levels	All Levels	All Levels	All Levels		
6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm		
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville		
Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners		
6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm	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	No Gi Int - Advanced	Brazilian Jiu-Jitsu Int-Adv	No Gi Int - Advanced	Brazilian Jiu-Jitsu All Levels		
7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm		
1133 Granville Muay Thai	1133 Granville No Gi	1133 Granville Muay Thai	1133 Granville No Gi	1133 Granville Muay Thai		
Beginners	Beginners	Beginners	Beginners	Beginners		
7:35pm - 8:35pm	7:35pm - 8:35pm	7:35pm - 8:35pm	7:35pm - 8:35pm	7:35pm - 8:35pm		
Dutch Kickboxing		Dutch Kickboxing				
Drills + Sparring		Drills + Sparring				
Beginners	Wrestling	Beginners	MMA	Dutch Kickboxing		
7:35pm - 8:35pm	Int - Advanced	7:35pm - 8:35pm	Int - Advanced	Drills + Sparring Int - Advanced		
Dutch Kickboxing	7:35pm - 8:35pm	Dutch Kickboxing	7:35pm - 8:35pm	7:35pm - 8:35pm		
Drills + Sparring Int - Advanced		Drills + Sparring Int - Advanced				
7:35pm - 8:35pm		7:35pm - 8:35pm				
TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING		
BJJ Comp. Training	No Gi Comp. Training	BJJ Comp. Training	No Gi Comp. Training			
Comp. Training + Rolling	Comp. Training + Rolling	Comp. Training + Rolling	Comp. Training + Rolling			
8:30pm - CLOSE 1133 Granville	8:30pm - CLOSE 1133 Granville	8:30pm - CLOSE 1133 Granville	8:30pm - CLOSE 1133 Granville			
INT-ADV	2 STRIPES AND ABOV	E OR INSTRUCTOR IN	VITATION			
WRESTLING		G EXPERIENCE REQUI				
COMP. TRAINING + ROLLING	THESE ARE NOT CLAS PREVIOUS CLASS. ATT	SES. THEY ARE EXTEN FENDANCE TO THE PR				
	MANDATORY TO ATT	END.				