

## LIONS MMA SCHEDULE



NCIT						WCI.
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Strength and	
All Levels	All Levels	All Levels	All Levels	All Levels	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	No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	Muay Thai	
All Levels	All Levels	All Levels	All Levels	All Levels	All Levels	
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	1133 Granville	1133 Granville	1133 Granville	1133 Granville	9:00am - 10:00am	
Boxing	Dutch Kickboxing	Muay Thai	Dutch Kickboxing	Boxing	Wrestling	Litte Lions Wrestling
All Levels	Drills All Levels	All Levels	Drills 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	Women's Only	Muay Thai	Women's Only	Women's Only	Teens Striking
Muay Thai	All Levels	Muay Thai	All Levels	Muay Thai	Muay Thai	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		Int - Advanced		Int - Advanced	11:00am - 12:00pm	11:00am - 12:00pm
11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	1133 Granville	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	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai
Beginners	Beginners	Beginners	Beginners	Beginners	Beginners	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
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Muay Thai Int - Advanced	Muay Thai Int - Advanced	Muay Thai Int - Advanced	Muay Thai Int - Advanced	Muay Thai Int - Advanced	Muay Thai Int - Advanced	Muay Thai Int - Advanced
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
No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi	No Gi	Open Mat
No GI All Levels	All Levels	No GI All Levels	All Levels	All Levels	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	No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	No Gi
All Levels	All Levels	All Levels	All Levels	All Levels	All Levels	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	12:00pm - 1:00pm
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville
Kids BJJ	Kids BJJ	Kids BJJ	Kids BJJ	Kids BJJ	Dutch Kickboxing	
8+ Years Old	8+ Years Old	8+ Years Old	8+ Years Old	8+ Years Old	Drills + Sparring	
4:00pm- 5:00pm	4:00pm- 5:00pm	4:00pm- 5:00pm	4:00pm- 5:00pm	4:00pm- 5:00pm	Int - Advanced	
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1:45 - 3:00pm	
Little Lions	Little Lions	Little Lions	Little Lions	Little Lions		
Pankration	Martial Arts	Pankration	Martial Arts	Martial Arts / Pankration		
8-12 Years Old	4-7 Years Old	8-12 Years Old	4-7 Years Old	4-6 / 7-12 Years Old		
4:00pm - 5:00pm	4:00pm - 4:50pm	4:00pm - 5:00pm	4:00pm - 4:50pm	4:00pm - 5:00pm		
Teens Striking	Teens Striking		Teens Striking	Teens Striking		
13+ Years Old	13+ Years Old		•	•		
13. Icais Cia	15: Icais Gia		13+ Years Old	13+ Years Old		
4:00pm - 5:00pm	4:00pm - 5:00pm	Womens Only	4:00pm - 5:00pm	4:00pm - 5:00pm	Provilion live litera	No Ci
		Womens Only No-Gi			Brazilian Jiu-Jitsu White Belt Only	No Gi All Levels
4:00pm - 5:00pm No Gi All Levels	4:00pm - 5:00pm  Brazilian Jiu-Jitsu  White Belt Only	No-Gi	4:00pm - 5:00pm Brazilian Jiu-Jitsu	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only		
4:00pm - 5:00pm  No Gi All Levels  5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	No-Gi 5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	White Belt Only	All Levels
4:00pm - 5:00pm  No Gi All Levels  5:15pm - 6:15pm  1133 Granville	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville	No-Gi 5:15pm - 6:15pm 1133 Granville	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville	White Belt Only 5:30pm - 6:30pm	All Levels 5:30pm - 6:30pm
4:00pm - 5:00pm  No Gi All Levels  5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	No-Gi 5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm	White Belt Only 5:30pm - 6:30pm	All Levels 5:30pm - 6:30pm
4:00pm - 5:00pm  No Gi All Levels  5:15pm - 6:15pm  1133 Granville  Boxing Beginners	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville  Muay Thai	No-Gi 5:15pm - 6:15pm 1133 Granville Boxing Beginners	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville  Muay Thai Beginners	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only  5:15pm - 6:15pm  1133 Granville  Women's Kickboxing Muay Thai	White Belt Only 5:30pm - 6:30pm	All Levels 5:30pm - 6:30pm
4:00pm - 5:00pm  No Gi All Levels  5:15pm - 6:15pm  1133 Granville  Boxing Beginners  5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only  5:15pm - 6:15pm  1133 Granville  Muay Thai Beginners  5:15pm - 6:15pm	No-Gi 5:15pm - 6:15pm 1133 Granville  Boxing Beginners 5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only  5:15pm - 6:15pm  1133 Granville  Muay Thai Beginners  5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville  Women's Kickboxing	White Belt Only 5:30pm - 6:30pm	All Levels 5:30pm - 6:30pm
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4:00pm - 5:00pm  No Gi All Levels  5:15pm - 6:15pm  1133 Granville  Boxing Beginners  5:15pm - 6:15pm  Boxing Int - Advanced  5:15pm - 6:15pm  Brazilian Jiu-Jitsu	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only  5:15pm - 6:15pm  1133 Granville  Muay Thai Beginners  5:15pm - 6:15pm  Muay Thai Int - Advanced  5:15pm - 6:15pm  Brazilian Jiu-Jitsu	No-Gi 5:15pm - 6:15pm 1133 Granville  Boxing Beginners 5:15pm - 6:15pm  Boxing Int - Advanced 5:15pm - 6:15pm	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville  Muay Thai Beginners 5:15pm - 6:15pm  Muay Thai Int - Advanced 5:15pm - 6:15pm  Brazilian Jiu-Jitsu	4:00pm - 5:00pm  Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville  Women's Kickboxing Muay Thai 5:15pm - 6:15pm	White Belt Only 5:30pm - 6:30pm	All Levels 5:30pm - 6:30pm
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WRESTLING PREVIOUS GRAPPLING EXPERIENCE REQUIRED.

CONTACT <u>INFO@LIONSMMA.CA</u> FOR MORE INFORMATION

**COMP. TRAINING +** THESE ARE NOT CLASSES. THEY ARE EXTENSIONS OF THE ROLLING PREVIOUS CLASS. ATTENDANCE TO THE PREVIOUS CLASS IS

MANDATORY TO ATTEND.