

LIONS MMA SCHEDULE



1256 Granville

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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		
Boxing	Dutch Kickboxing Drills	Muay Thai	Dutch Kickboxing Drills	Boxing		
All Levels	All Levels	All Levels	All Levels	All Levels		
7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am	7:30am - 8:30am		
Women's Only	Muay Thai	Women's Only	Muay Thai	Women's Only	Muay Thai All Levels	Litte Lions Wrestling
Muay Thai 9:00am - 10:00am	All Levels 9:00am - 10:00am	Muay Thai 9:00am - 10:00am	All Levels 9:00am - 10:00am	Muay Thai 9:00am - 10:00am	9:00am - 10:00am	4-12 Years Old 10:00am-11:00am
Dutch Kickboxing Drills + Sparring	Boxing Beginners	Dutch Kickboxing Drills + Sparring	Boxing Beginners	Dutch Kickboxing Drills + Sparring	Women's Only Muay Thai	Teens Striking 13+ Years Old
Int - Advanced		Int - Advanced		Int - Advanced		10:00am - 11:00am
11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	10:00am - 11:00am	
	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
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	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:30pm - 1:30pm	12:30pm - 1:30pm
Little Lions Pankration	Little Lions Martial Arts	Little Lions Pankration	Little Lions Martial Arts	Little Lions Martial Arts / Pankration	Dutch Kickboxing Drills + Sparring	
8-12 Years Old	4-7 Years Old	8-12 Years Old	4-7 Years Old	4-6 / 7-12 Years Old	Int - Advanced	
4:00pm - 5:00pm	4:00pm - 4:50pm	4:00pm - 5:00pm	4:00pm - 4:50pm	4:00pm - 5:00pm	1:45 - 3:00pm	
Teens Striking 13+ Years Old	Teens Striking 13+ Years Old		Teens Striking 13+ Years Old	Teens Striking 13+ Years Old		
4:00pm - 5:00pm	4:00pm - 5:00pm		4:00pm - 5:00pm	4:00pm - 5:00pm		
Boxing	Muay Thai	Boxing	Muay Thai	Women's Only		
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	Muay Thai	Boxing	Muay Thai			
Int - Advanced	Int - Advanced	Int - Advanced	Int - Advanced			
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm			
Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
Beginners	Beginners	Beginners	Beginners	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		
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		
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Dutch Kickboxing Drills + Sparring		Dutch Kickboxing Drills + Sparring				
Beginners		Beginners		Dutak Kultur		
7:35pm - 8:35pm	Wrestling	7:35pm - 8:35pm	MMA	Dutch Kickboxing Drills + Sparring		
Dutch Kickboxing	Int - Advanced 7:35pm - 8:35pm	Dutch Kickboxing	Int - Advanced 7:35pm - 8:35pm	Int - Advanced		
Drills + Sparring		Drills + Sparring		7:35pm - 8:35pm		
Int - Advanced		Int - Advanced				
7:35pm - 8:35pm		7:35pm - 8:35pm				
TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING	TEAM TRAINING		
MMA - INT / ADV.	REQUIRES MINIMUM STRIKING AND GRAP	I OF 6 MONTHS OF TR PLING	AINING IN BOTH			
WRESTLING FOR		G EXPERIENCE REQUI	RFD.			
MMA		NSMMA.CA FOR MOR				