

LIONS MMA SCHEDULE



MCI						WCIT
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		
Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu		
All Levels	All Levels	All Levels	All Levels	All Levels		
6:30am - 7:30am 1133 Granville	6:30am - 7:30am 1133 Granville	6:30am - 7:30am 1133 Granville	6:30am - 7:30am 1133 Granville	6:30am - 7:30am 1133 Granville		
Fight Fit			Fight Fit		Fight Fit	Vouth Mrostlin
Cardio Boxing	Fight Fit Cardio Kickboxing	Fight Fit Strength and	Cardio Kickboxing	Fight Fit Cardio Boxing	Fight Fit Strength and	Youth Wrestlin 7+ Years Old
7:45am-8:45am	7:45am-8:45am	Conditioning 7:45am-8:45am	7:45am-8:45am	7:45am-8:45am	Conditioning 9:00am - 10:00am	10:00am-11:00a
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Women's Only	Muay Thai	Women's Only	Muay Thai	Women's Only	Women's Only	Little Lions
Kickboxing 9:00am - 10:00am	All Levels 9:00am - 10:00am	Kickboxing 9:00am - 10:00am	All Levels 9:00am - 10:00am	Kickboxing 9:00am - 10:00am	Kickboxing 10:00am - 11:00am	4-6 Years Old 10:00am - 11:00a
Dutch Kickboxing	Boxing	Dutch Kickboxing	Boxing	Dutch Kickboxing	Womens Only	Teens Striking
Drills	Beginners	Drills	Beginners	Drills	Brazilian Jiu-Jitsu	13+ Years Old
Int - Advanced	11:00am - 12:00pm	Int - Advanced 11:00am - 12:00pm	11:00am 12:00am	Int - Advanced 11:00am - 12:00pm	11:00am - 12:00pm 1133 Granville	10:00am - 11:00a
12.00pm	Boxing	11.00am - 12.00pm	Boxing	11.00am - 12.00pm	Boxing	Boxing
	Int - Advanced		Int - Advanced		All Levels	All Levels
	11:00am - 12:00pm		11:00am - 12:00pm		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	· ·	12:30pm - 1:30pm	12:30pm - 1:30p
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 Brazilian Jiu-Jitsu	12:30pm - 1:30p
No Gi Int - Advanced	Int - Advanced	No Gi Int - Advanced	Int - Advanced	No Gi Int - Advanced	All Levels	OI EIVINA
12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm		12:00pm - 1:15pm	12:00pm - 2:00p 1133 Granville
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granvine
No Gi Beginners	Brazilian Jiu-Jitsu	No Gi Beginners	Brazilian Jiu-Jitsu	No Gi Beginners	No Gi All Levels	
1:30pm - 2:30pm	Beginners 1:30pm-2:30pm	1:30pm - 2:30pm	Beginners 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	Wrestling For MMA and No-Gi	
4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	4:00 - 5:00pm	All Levels	
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 /		
7-12 Years Old	4-6 Years Old	7-12 Years Old	4-6 Years Old	Pankration 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		
	13+ Years Old		13+ Years Old	13+ Years Old		
	4:00pm - 5:00pm		4:00pm - 5:00pm	4:00pm - 5:00pm		
No Gi All Levels	Brazilian Jiu-Jitsu White Belt Only	No Gi All Levels	Brazilian Jiu-Jitsu White Belt Only	Brazilian Jiu-Jitsu White Belt Only		
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm		
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville		
Boxing Beginners	Muay Thai Beginners	Boxing Beginners	Muay Thai Beginners	Womens Only Brazilian Jiu-Jitsu		
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm		
				1256 Granville Street		
Boxing	Muay Thai	Boxing	Muay Thai	Women's Kickboxing		
Int - Advanced	Int - Advanced	Int - Advanced	Int - Advanced	All Levels		
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm		
Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	Brazilian Jiu-Jitsu	No Gi		
Fundamentals 6:25pm - 7:25pm	All Levels 6:25pm - 7:25pm	Fundamentals 6:25pm - 7:25pm	All Levels 6:25pm - 7:25pm	All Levels 6:25pm - 7:25pm		
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville		
Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
Beginners 6:25pm - 7:25pm	Beginners 6:25pm - 7:25pm	Beginners 6:25pm - 7:25pm	Beginners 6:25pm - 7:25pm	Beginners 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	Brazilian Jiu-Jitsu Open Roll	Brazilian Jiu-Jitsu Int-Adv	Brazilian Jiu-Jitsu Open Roll	Brazilian Jiu-Jitsu All Levels		
7:35pm - CLOSE	7:25pm - 8:00pm	7:35pm - CLOSE	7:25pm - 8:00pm	7:35pm - CLOSE		
1133 Granville	1133 Granville	1133 Granville	1133 Granville	1133 Granville		
Muay Thai Beginners	No Gi Beginners	Muay Thai Beginners	No Gi Beginners	Muay Thai Beginners		
	7:35pm - CLOSE	7:35pm - 8:35pm	7:35pm - CLOSE	7:35pm - 8:35pm		
7:35pm - 8:35pm	7.00р 01001					
7:35pm - 8:35pm Dutch Kickboxing	No Gi	Dutch Kickboxing	No Gi	Dutch Kickboxing		
		Dutch Kickboxing Drills + Sparring Int - Advanced	No Gi Int - Advanced	Dutch Kickboxing Drills + Sparring Int - Advanced		
Dutch Kickboxing Drills + Sparring	No Gi	Drills + Sparring		Drills + Sparring		

INT-ADV 2 STRIPES AND ABOVE OR INSTRUCTOR INVITATION

WRESTLING FOR PREVIOUS GRAPPLING EXPERIENCE REQUIRED.

MMA

CONTACT INFO@LIONSMMA.CA FOR MORE INFORMATION