

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		
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		
Fight Fit Cardio Boxing 7:45am-8:45am	Fight Fit Cardio Kickboxing 7:45am-8:45am	Fight Fit Strength and Conditioning 7:45am-8:45am	Fight Fit Cardio Kickboxing 7:45am-8:45am	Fight Fit Cardio Boxing 7:45am-8:45am	Fight Fit Strength and Conditioning 9:00am - 10:00am	Youth Wrestling 7+ Years Old 10:00am-11:00am
Women's Only Kickboxing 9:00am - 10:00am	Muay Thai All Levels 9:00am - 10:00am	Women's Only Kickboxing 9:00am - 10:00am	Muay Thai All Levels 9:00am - 10:00am	Women's Only Kickboxing 9:00am - 10:00am	Women's Only Kickboxing 10:00am - 11:00am	Little Lions 4-6 Years Old 10:00am - 11:00am
Dutch Kickboxing Drills Int - Advanced 11:00am - 12:00pm	Boxing Beginners 11:00am - 12:00pm	Dutch Kickboxing Drills Int - Advanced 11:00am - 12:00pm	Boxing Beginners 11:00am - 12:00pm	Dutch Kickboxing Drills Int - Advanced 11:00am - 12:00pm	Womens Only Brazilian Jiu-Jitsu 11:00am - 12:00pm 1133 Granville	Teens Striking 13+ Years Old 10:00am - 11:00am
	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 Int - Advanced 12:00pm - 1:15pm 1133 Granville	Brazilian Jiu-Jitsu Int - Advanced 12:00pm - 1:15pm 1133 Granville	No Gi Int - Advanced 12:00pm - 1:15pm 1133 Granville	Brazilian Jiu-Jitsu Int - Advanced 12:00pm - 1:15pm 1133 Granville	No Gi Int - Advanced 12:00pm - 1:15pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 12:00pm - 1:15pm 1133 Granville	OPEN MAT 12:00pm - 2:00pm 1133 Granville
No Gi Beginners 1:30pm - 2:30pm 1133 Granville	Brazilian Jiu-Jitsu Beginners 1:30pm-2:30pm 1133 Granville	No Gi Beginners 1:30pm - 2:30pm 1133 Granville	Brazilian Jiu-Jitsu Beginners 1:30pm-2:30pm 1133 Granville	No Gi Beginners 1:30pm - 2:30pm 1133 Granville	No Gi All Levels 1:30pm - 2:30pm 1133 Granville	
Kids BJJ 8+ Years Old 4:00 - 5:00pm 1133 Granville	Kids BJJ 8+ Years Old 4:00 - 5:00pm 1133 Granville	Kids BJJ 8+ Years Old 4:00 - 5:00pm 1133 Granville	Kids BJJ 8+ Years Old 4:00 - 5:00pm 1133 Granville	Kids BJJ 8+ Years Old 4:00 - 5:00pm 1133 Granville	Wrestling For MMA and No-Gi All Levels 1:45pm - 3:00pm	
Little Lions Pankration 7-12 Years Old 4:00pm - 5:00pm	Little Lions Martial Arts 4-6 Years Old 4:00pm - 4:50pm	Little Lions Pankration 7-12 Years Old 4:00pm - 5:00pm	Little Lions Martial Arts 4-6 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		
No Gi All Levels 5:15pm - 6:15pm 1133 Granville	Brazilian Jiu-Jitsu White Belt Only 5:15pm - 6:15pm 1133 Granville	No Gi All Levels 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		
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	Womens Only Brazilian Jiu-Jitsu 5:15pm - 6:15pm 1256 Granville Street		
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	Women's Kickboxing All Levels 5:15pm - 6:15pm		
Brazilian Jiu-Jitsu Fundamentals 6:25pm - 7:25pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 6:25pm - 7:25pm 1133 Granville	Brazilian Jiu-Jitsu Fundamentals 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 7:35pm - CLOSE 1133 Granville	Brazilian Jiu-Jitsu Open Roll 7:25pm - 8:00pm 1133 Granville	Brazilian Jiu-Jitsu Int-Adv 7:35pm - CLOSE 1133 Granville	Brazilian Jiu-Jitsu Open Roll 7:25pm - 8:00pm 1133 Granville	Brazilian Jiu-Jitsu All Levels 7:35pm - CLOSE 1133 Granville		
Muay Thai Beginners 7:35pm - 8:35pm	No Gi Beginners 7:35pm - CLOSE	Muay Thai Beginners 7:35pm - 8:35pm	No Gi Beginners 7:35pm - CLOSE	Muay Thai Beginners 7:35pm - 8:35pm		
Dutch Kickboxing Drills + Sparring Int - Advanced 7:35pm - CLOSE	No Gi Int - Advanced 7:35pm - CLOSE	Dutch Kickboxing Drills + Sparring Int - Advanced 7:35pm - CLOSE	No Gi Int - Advanced 7:35pm - CLOSE	Dutch Kickboxing Drills + Sparring Int - Advanced 7:35pm - CLOSE		
TEAM TRAINING	MMA TRAINING	TEAM TRAINING	MMA TRAINING	TEAM TRAINING		
INT-ADV				2 STRIPES AND ABOVE OR INSTRUCTOR INVITATION		
WRESTLING FOR MMA				PREVIOUS GRAPPLING EXPERIENCE REQUIRED. CONTACT INFO@LIONSMMA.CA FOR MORE INFORMATION		