

ALL CANADIAN MARTIAL ARTS ACADEMY

Class Schedule Effective: Monday January 05, 2018

KARATE * KICKBOXING * BRAZILIAN JIU-JITSU * BOXING * CSW * WEAPONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BRAZILIAN JIU JITSU ADULTS 12:15 – 1:15		BRAZILIAN JIU JITSU ADULTS 12:15 – 1:15		KINDERKARATE 4-5 YRS KIDS 9:30 – 10:00
BLACKBELT MEMBERS GREEN – PURPLE KIDS 5:00 – 5:40	ADVANCE YELLOW-ORANGE KIDS 5:00 – 5:40	BLACKBELT MEMBERS GREEN – PURPLE KIDS 5:00 – 5:40	ADVANCE YELLOW-ORANGE KIDS 5:00 – 5:40	BLACKBELT MEMBERS KIDS GREEN – PURPLE 5:00 – 5:40	NOVICE KIDS WHITE BELTS 10:00 – 10:30
MASTERS KIDS PURPLE – BROWN BLK 5:40 - 6:20	NOVICE KIDS WHITE BELTS 5:45 - 6:15	MASTERS KIDS PURPLE – BROWN BLK 5:40 - 6:20	NOVICE KIDS WHITE BELTS 5:45 - 6:15	MASTERS KIDS PURPLE – BROWN BLK 5:40 – 6:20	YELLOW-ORANGE KIDS 10:35 – 11:15
BLACKBELT MEMBERS BLUE – PURPLE 6:30 - 7:20	NOVICE YELLOW BELTS KIDS 5:45 - 6:25	BLACKBELT MEMBERS BLUE – PURPLE 6:30 - 7:20	NOVICE YELLOW BELTS KIDS 5:45 - 6:25	KIDS MASTER BRAZILIAN JIU JITSU PURPLE BLK - BROWN 6:20 - 7:00	ALL BELTS ADULTS 11:30 – 12:15
MASTERS PURPLE BLK - BROWN 6:30 - 7:20	NOVICE ADULTS WHITE – ORANGE 6:30 - 7:15	MASTERS PURPLE BLK - BROWN 6:30 - 7:20	NOVICE ADULTS WHITE – ORANGE 6:30 - 7:15	ALL BELTS ADULTS 6:30 – 7:20	BOXING/MMA KICKBOXING ALL BELTS 12:15 – 1:15
BROWN BLK 6:30 – 7:45 BLACKBELTS 6:30 – 8:00	BLACKBELT MEMBERS ORANGE-GREEN 6:30 - 7:15	BROWN BLK 6:30 – 7:45 BLACKBELTS 6:30 – 8:00	BLACKBELT MEMBERS ORANGE- GREEN 6:30 - 7:15		BRAZILIAN JIU JITSU ALL BELTS 1:15 – 2:30
BRAZILIAN JIU JITSU 8:00 – 9:00	BOXING/MMA KICKBOXING ADULTS 7:15 – 8:15	BRAZILIAN JIU JITSU 8:00 – 9:00	BOXING/MMA KICKBOXING ADULTS 7:15 – 8:15		OPEN MAT 2:30 – 2:45
OPEN MAT 9:00 – 9:30	BRAZILIAN JIU JITSU FUNDAMENTALS 8:15 – 9:15	OPEN MAT 9:00 - 9:30	BRAZILIAN JIU JITSU FUNDAMENTALS 8:15 – 9:15		<u>SUNDAY</u> BIRTHDAY PARTIES (BY APPOINTMENT) 2pm -4pm

ACADEMY RULES:

1. ATTEND 2-3 CLASSES PER WEEK. ARRIVE 10-15 MINUTES EARLY PRIOR TO SCHEDULED CLASS AND QUIETLY PREPARE YOURSELF.
2. REMOVE YOUR SHOES UPON ENTERING THE ACADEMY AND PLACE ON THE SHOE RACK. STORE COATS IN DRESSING ROOM.
3. KEEP UNIFORMS NEAT, CLEAN, ODOR-FREE AND IN GOOD REPAIR. AFFIX ACMA CREST TO ALL UNIFORMS.
4. ALL CANADIAN MARTIAL ARTS ACADEMY IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN GOODS.
5. FOR SAFETY PURPOSES ALL JEWELLRY MUST BE REMOVED BEFORE ENTERING THE DOJO (TRAINING AREA).
6. NO STUDENT OR GUEST IS PERMITTED IN THE OFFICE UNLESS AUTHORIZED BY OFFICE STAFF.

MONDAY – FRIDAY ACADEMY OPEN AT 11:30am

SATURDAY OPENS AT 9:15am

SUNDAY ----- CLOSED

*2459 Dixie Rd - Mississauga - Ontario -L4Y 2A1 - (905)277-0667 *

** www.allcanadianmartialarts.com **

PERSONAL TRAINING AVAILABLE