

ALL CANADIAN MARTIAL ARTS ACADEMY

Winter Class Schedule Effective: Monday January 5, 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	BRAZILIAN JIU JITSU ADULTS 12:00 – 1:00		BRAZILIAN JIU JITSU ADULTS 12:00 – 1:00		KINDERKARATE 4-5 YRS KIDS 9:30 – 10:00
BLACKBELT MEMBERS BLUE – PURPLE KIDS 5:00 – 5:40	BLACKBELT MEMBERS ORANGE - GREEN KIDS 5:00 – 5:30	BLACKBELT MEMBERS BLUE – PURPLE KIDS 5:00 – 5:40	BLACKBELT MEMBERS ORANGE - GREEN KIDS 5:00 – 5:30	BLACKBELT MEMBERS KIDS BLUE – PURPLE 5:00 – 5:40	NOVICE KIDS WHITE BELTS 10:00 – 10:30
MASTERS KIDS PURPLE BLK -BROWN 5:40 - 6:20	NOVICE KIDS YELLOW BELTS 5:30 – 6:00	MASTERS KIDS PURPLE BLK -BROWN 5:40 – 6:20	NOVICE KIDS YELLOW BELTS 5:30 – 6:00	MASTERS KIDS PURPLE BLK -BROWN 5:00 – 5:50	NOVICE KIDS YELLOW BELT 10:30 - 11:00
MASTERS BLACKBELTS ADULTS 6:30 – 7:20	NOVICE KIDS WHITE BELTS 6:00 - 6:30	MASTERS BLACKBELTS ADULTS 6:30 – 7:20	NOVICE KIDS WHITE BELTS 6:00 - 6:30	KIDS MASTER BRAZILIAN JIU JITSU PURPLE BLK -BROWN 5:50 - 6:30	BLACKBELT MEMBERS ORANGE - GREEN KIDS 11:00 – 11:30
BLACKBELT MEMBERS BLUE – PURPLE 7:20 – 8:10	NOVICE ADULTS WHITE – ORANGE 6:30 - 7:15	BLACKBELT MEMBERS BLUE – PURPLE 7:20 – 8:10	NOVICE ADULTS WHITE – ORANGE 6:30 - 7:15	ALL BELTS ADULTS 6:30 – 7:15	ALL BELTS ADULTS 11:30 – 12:15
MASTERS PURPLE BLK -BROWN 7:20 – 8:10	BLACKBELT MEMBERS ORANGE- GREEN 6:30 - 7:15	MASTERS PURPLE BLK -BROWN 7:20 – 8:10	BLACKBELT MEMBERS ORANGE- GREEN 6:30 - 7:15	BOOTCAMP FOR LADIES 6:30 – 7:30	BOXING/MMA KICKBOXING ALL BELTS 12:15 – 1:00
BRAZILIAN JIU JITSU 8:10 – 9:10	BOXING/MMA KICKBOXING ADULTS 7:15 – 8:15	BRAZILIAN JIU JITSU 8:10 – 9:10	BOXING/MMA KICKBOXING ADULTS 7:15 – 8:15		BRAZILIAN JIU JITSU ALL BELTS 1:00 – 2:15
OPEN MAT 9:10 - 9:30	BRAZILIAN JIU JITSU FUNDAMENTALS 8:15 – 9:00	OPEN MAT 9:10 - 9:30	BRAZILIAN JIU JITSU FUNDAMENTALS 8:15 – 9:00		SUNDAY BIRTHDAY PARTIES (BY APPOINTMENT) 1pm -3pm

ACADEMY RULES:

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

MONDAY – FRIDAY ACADEMY OPEN AT 11:30am

SATURDAY OPENS AT 9:00am

SUNDAY ----- CLOSED

*2459 Dixie Rd - Mississauga - Ontario -L4Y 2A1 - (905)277-0667 – www.allcanadianmartialarts.com**

***** PERSONAL TRAINING AVAILABLE*****