

ALL CANADIAN MARTIAL ARTS ACADEMY

Class Schedule Effective: Monday November 04, 2019

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 10:00 – 10:30 |
| BLACKBELT MEMBERS GREEN – BLUE BLK KIDS 5:00 – 5:40 | YELLOW-ORANGE KIDS 5:00 – 5:40 | BLACKBELT MEMBERS GREEN – BLUE BLK KIDS 5:00 – 5:40 | YELLOW-ORANGE KIDS 5:00 – 5:40 | BLACKBELT MEMBERS KIDS GREEN – BLUE BLK 5:00 – 5:40 | NOVICE KIDS WHITE BELTS 10:30 – 11:00 |
| 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 5:00 – 5:40 | YELLOW-ORANGE KIDS 10:30 – 11:10 |
| | | | | KIDS MASTER BRAZILIAN JIU JITSU PURPLE BLK - BROWN 5:45 – 6:30 | ALL BELTS ADULTS 11:30 – 12:15 |
| BLACKBELTS & BROWN BLK MASTERS 6:30 – 7:30 | NOVICE ADULTS WHITE – ORANGE 6:30 – 7:15 | BLACKBELTS & BROWN BLK MASTERS 6:30 – 7:30 | NOVICE ADULTS WHITE – ORANGE 6:30 – 7:15 | TEENS/ADULTS MASTERS 6:30 – 7:15 | BOXING/MMA KICKBOXING ALL BELTS 12:15 – 1:15 |
| MASTERS PURPLE - BROWN BLK 6:30 – 7:30 | BLACKBELT MEMBERS ORANGE- BLUE BLK 6:30 – 7:15 | MASTERS PURPLE - BROWN BLK 6:30 – 7:30 | BLACKBELT MEMBERS ORANGE- BLUE BLK 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 – 9:00 | OPEN MAT 9:00 – 9:30 | BRAZILIAN JIU JITSU FUNDAMENTALS 8:15 – 9:00 | | <u>SUNDAY</u> BIRTHDAY PARTIES (BY APPOINTMENT) 2pm -4pm |

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 9:15am

SUNDAY ----- CLOSED

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

** www.allcanadianmartialarts.com **

PERSONAL TRAINING AVAILABLE