

ALL CANADIAN MARTIAL ARTS ACADEMY

Summer Class Schedule Effective: Monday June 19, 2017

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		
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	KINDERKARATE 4-5 YRS KIDS 9:30 – 10:00
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 5:40 – 6:20	NOVICE KIDS WHITE BELTS 10:00 – 10:30
INTROS 6:20 – 6:45	NOVICE YELLOW BELTS KIDS 5:45 - 6:25	BLACKBELTS NIDANS - UP 6:30 – 7:00	NOVICE YELLOW BELTS KIDS 5:45 - 6:25	KIDS MASTER BRAZILIAN JIU JITSU PURPLE BLK - BROWN 6:20 - 7:00	YELLOW-ORANGE KIDS 10:35 – 11:15
BLACKBELT MEMBERS BLUE BLK – PURPLE 6:45 - 7:35	NOVICE ADULTS WHITE – ORANGE 6:30 - 7:15	BLACKBELT MEMBERS BLUE BLK – PURPLE 6:45 - 7:35	NOVICE ADULTS WHITE – ORANGE 6:30 - 7:15	ALL BELTS ADULTS 6:45 – 7: 35	BOXING/MMA KICKBOXING ALL BELTS 11:30 – 12:20
MASTERS PURPLE BLK - BROWN 6:45 - 7:35 BLACKBELTS 6:45 - 7:45	BLACKBELT MEMBERS ORANGE-BLUE 6:30 - 7:15	MASTERS PURPLE BLK - BROWN 6:45 - 7:35 BLACKBELTS 6:45 - 7:45	BLACKBELT MEMBERS ORANGE- BLUE 6:30 - 7:15		BRAZILIAN JIU JITSU ALL BELTS 12:30 – 1:45
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 1:45 – 2:00
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***