

## ADRENALINE WEEKLY SCHEDULE

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### MONDAY'S CLASSES

Time	Class
10:00AM—8:00PM	Open Gym
11:00AM—12:00PM	Adult Gi Jiu-Jitsu
12:00PM—1:00PM	Kickboxing (All Levels)
5:00PM—6:00PM	Women's Cross Training/Kickboxing
6:00PM—7:00PM	Kickboxing (All Levels)
6:00PM—7:00PM	Kids Gi Jiu-Jitsu
7:00PM—8:30PM	Adult Gi Jiu-Jitsu
7:00PM—8:00PM	Boxing

### TUESDAY'S CLASSES

Time	Class
10:00AM—8:00PM	Open Gym
11:00AM—12:00PM	No Gi Jiu-jitsu For MMA
12:00PM—1:00PM	Kickboxing (All Levels)
5:00PM—6:00PM	Women's Only Jiu Jitsu
6:00PM—7:00PM	Kickboxing (All Levels)
6:00PM—7:00PM	Kids MMA Program
7:00PM—8:00PM	Strength and Conditioning
7:00PM—8:00PM	Pro / Amateur Team Training
7:00PM—8:00PM	BJJ Foundations

### WEDNESDAY'S CLASSES

Time	Class
10:00AM—8:00PM	Open Gym
11:00AM—12:00PM	Adult Gi Jiu-Jitsu
12:00PM—1:00PM	Kickboxing (All Levels)
5:00PM—6:00PM	Women's Cross Training/Kickboxing
6:00PM—7:00PM	Kickboxing (All Levels)
6:00PM—7:00PM	No Gi Jiu-jitsu For MMA
6:00PM—7:00PM	Women's Only Jiu Jitsu
7:00PM—8:30PM	Adult Gi Jiu-Jitsu
7:00PM—8:00PM	Not So Pro Sparring

## THURSDAY'S CLASSES

Time	Class
10:00AM—8:00PM	Open Gym
11:00AM—12:00PM	Adult Gi Jiu-Jitsu
12:00PM—1:00PM	Kickboxing (All Levels)
5:00PM—6:00PM	Women's Only Jiu Jitsu
6:00PM—7:00PM	Kickboxing (All Levels)
6:00PM—7:00PM	Kids Gi Jiu-Jitsu
7:00PM—8:30PM	Adult Gi Jiu-Jitsu
7:00PM—8:00PM	Strength and Conditioning

## FRIDAY'S CLASSES

Time	Class
10:00AM—8:00PM	Open Gym
11:00AM—12:00PM	No Gi Jiu-jitsu For MMA
12:00PM—1:00PM	Kickboxing (All Levels)

Time	Class
4:00PM—5:00PM	Not So Pro Sparring
5:00PM—6:00PM	Kickboxing (All Levels)
5:00PM—6:00PM	Adult Gi Jiu-Jitsu
6:00PM—7:00PM	Yoga

## **SATURDAY'S CLASSES**

Time	Class
9:30AM—10:00AM	Kids GI Jiu-Jitsu (Tiny Warriors) 3yrs-5yrs
10:00AM—1:00PM	Open Gym
10:00AM—11:00AM	Boxing
10:00AM—11:00AM	Kids No Gi Jiu-jitsu
11:00AM—12:00PM	Kids MMA Program
11:00AM—12:00PM	Adult MMA
12:00PM—1:00PM	Kickboxing (All Levels)
12:00PM—1:00PM	Adult Gi Jiu-Jitsu
1:00PM—2:00PM	Pro / Amateur Team Training

Visit [www.adrenalinemma.ca](http://www.adrenalinemma.ca) for updated schedule information.