

ADRENALINE WEEKLY SCHEDULE

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MONDAY'S CLASSES

| Time | Class |
|-----------------|----------------------------|
| 6:00AM—7:00AM | Strength and Conditioning |
| 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 | Kickboxing (Fundamentals) |
| 5:00PM—6:00PM | Kids MMA Program (6-12yrs) |
| 6:00PM—7:00PM | Kickboxing (All Levels) |
| 6:00PM—7:00PM | Women's Only Jiu Jitsu |
| 7:00PM—8:30PM | Adult Gi Jiu-Jitsu |

TUESDAY'S CLASSES

| Time | Class |
|-----------------|---------------------------|
| 10:00AM—8:00PM | Open Gym |
| 11:00AM—12:00PM | Adult Gi Jiu-Jitsu |
| 11:00AM—12:00PM | No Gi Jiu-jitsu For MMA |
| 12:00PM—1:00PM | Kickboxing (All Levels) |
| 5:00PM—6:00PM | Kickboxing (Fundamentals) |
| 6:00PM—7:00PM | Kickboxing (All Levels) |
| 6:00PM—7:00PM | Wrestling for MMA |
| 7:00PM—8:00PM | Strength and Conditioning |
| 7:00PM—8:00PM | Beginner Gi Jiu Jitsu |

WEDNESDAY'S CLASSES

| Time | Class |
|-----------------|----------------------------|
| 6:00AM—7:00AM | Adult Gi Jiu-Jitsu |
| 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 | Kickboxing (Fundamentals) |
| 5:00PM—6:00PM | Kids MMA Program (6-12yrs) |
| 5:00PM—6:00PM | Kids MMA Program (6-12yrs) |
| 6:00PM—7:00PM | Women's Only Jiu Jitsu |
| 6:00PM—7:00PM | Kickboxing (All Levels) |
| 7:00PM—8:30PM | Adult Gi Jiu-Jitsu |

THURSDAY'S CLASSES

| Time | Class |
|-----------------|---------------------------|
| 10:00AM—8:00PM | Open Gym |
| 11:00AM—12:00PM | Adult Gi Jiu-Jitsu |
| 11:00AM—12:00PM | No Gi Jiu-jitsu For MMA |
| 12:00PM—1:00PM | Kickboxing (All Levels) |
| 5:00PM—6:00PM | Kickboxing (Fundamentals) |
| 6:00PM—7:00PM | Kickboxing (All Levels) |
| 6:00PM—7:00PM | Wrestling for MMA |
| 6:00PM—7:00PM | Adult MMA (All Levels) |
| 7:00PM—8:00PM | Beginner Gi Jiu Jitsu |
| 7:00PM—8:00PM | Amatuer Sparring |

FRIDAY'S CLASSES

| Time | Class |
|-----------------|-------------------------|
| 6:00AM—7:00AM | Adult Gi Jiu-Jitsu |
| 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 | Kickboxing (All Levels) |

SATURDAY'S CLASSES

| Time | Class |
|-----------------|-------------------------|
| 10:00AM—1:00PM | Open Gym |
| 10:00AM—11:00AM | Boxing (All Levels) |
| 12:00PM—1:00PM | Kickboxing (All Levels) |
| 1:00PM—2:00PM | Adult Gi Jiu-Jitsu |
| 1:00PM—2:00PM | Mobility |

Visit www.adrenalinemma.ca for updated schedule information.