CLASS SCHEDULE

MONDAY		TUESDAY		WEDNESDAY	
MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
	*MT=Muay Thai	**MORNING EXECUTIVE GI** 6:30-7:30AM		**MORNING EXECUTIVE NOGI** 6:30-7:30AM	
LUNCH DRILLING GI/NOGI 12-1:30PM		**LUNCH DRILLING GI/NOGI** 12-1:30PM		**LUNCH DRILLING GI/NOGI** 12-1:30PM	
	KIDS GI BEGINNER 5:30-6:10PM				**KIDS GI BEGINNER** 5:30-6:10PM
KIDS GI LVL1&2 6-7PM	**FITNESS MT** 6:15-7PM	**KIDS LVL1&2 DRILL & ROLL** 6-6:55PM	**CARDIO & PAD SMASH** 6-7PM	**KIDS GI LVL1&2** 6-7PM	**FITNESS MT** 6:15-7PM
FUNDAMENTAL GI 7:15-8:15PM	**KIDS ADVANCED** 7-7:45PM	**INTRO TO BJJ** 7-7:55PM	**MUAY THAI MIXED LEVELS** 7-8:30PM	**FUNDAMENTAL GI** 7:15-8:15PM	**KIDS ADVANCED** 7-7:45PM
COMPREHENSIVE GI 8:00-9:30PM	**MUAY THAI DRILLING & SPARRING**** 7-8:30PM	**COMPREHENSIVE NOGI** 8-9:30PM		**COMPREHENSIVE GI** 8:00-9:30PM	**MUAY THAI MIXED LEVELS** 8-9:30PM

>>>> CLASS SCHEDULE

THURSDAY

MAT 1

MORNING EXECUTIVE GI
6:30-7:30AM

LUNCH DRILLING GI/NOGI
12-1:30PM

KIDS LVL1&2 DRILL & ROLL
6-6:55PM

COMPREHENSIVE GI
7-8PM

NIGHT DRILLING GI/NOGI
8-9:30PM

MAT 2

WOMEN'S BJJ
6-6:55PM

CARDIO & PAD SMASH
7-8PM

MUAY THAI MIXED LEVEL
8-9:30PM

FRIDAY

MAT 1

MORNING EXECUTIVE NOGI
6:30-7:30AM

LUNCH DRILLING GI/NOGI
12-1:30PM

OPEN MAT GI/NOGI
6:30-8:30PM

MAT 2

CARDIO & PAD SMASH
6-7PM

MUAY THAI DRILLING & SPARRING*
7-8:30PM

SATURDAY

MAT 1

KIDS ADVANCED S&C
9-9:45AM

KIDS NOGI LVL1&2
10-10:55AM

WRESLING FOR NOGI
11AM-12:30PM

MAT 2

KIDS GI BEGINNER
10-10:45AM

MUAY THAI MIXED LEVELS
11:30AM-1PM

SUNDAY

OPEN MAT AT YORKDALE MARTIAL ARTS
12-2PM