



ADRENALINE CLASS TRAINING SCHEDULE

519-451-8880 • www.adrenalinemma.ca

1794 Dundas Street Unit #1 (Behind Home Hardware)



MONDAY

- 10:00-8:00pm ▶ Open Gym
- 11:00-12:00pm ▶ Jiu-Jitsu for MMA
- 12:00-1:00pm ▶ Kickboxing (All Levels)
- 1:00-2:00pm ▶ Cardio Fit Class (NEW)
- 5:00-6:00pm ▶ Women's Cross Training/Kickboxing
- 6:00-7:00pm ▶ Kickboxing (All Levels)
- 6:00-7:00pm ▶ Gi Jiu-Jitsu (NEW)
- 7:00-8:00pm ▶ Kickboxing (Advanced)
- 7:00-8:00pm ▶ Jiu-Jitsu for MMA

TUESDAY

- 9:00-9:00pm ▶ Open Gym
- 9:00-10:00am ▶ Cardio Fit Class (NEW)
- 11:00-12:00pm ▶ Jiu-Jitsu for MMA
- 12:00-1:00pm ▶ Thai Boxing (All Levels)
- 6:00-7:00pm ▶ Thai Boxing (All Levels)
- 6:00-7:00pm ▶ Kids Program
- 7:00-8:00pm ▶ MMA (All Levels)
- 7:00-8:00pm ▶ Strength and Conditioning
- 8:00-9:00pm ▶ Supervised Sparring

WEDNESDAY

- 10:00-8:00pm ▶ Open Gym
- 11:00-12:00pm ▶ Jiu-Jitsu for MMA
- 12:00-1:00pm ▶ Kickboxing (All Levels)
- 1:00-2:00pm ▶ Cardio Fit Class (NEW)
- 5:00-6:00pm ▶ Women's Cross Training/Kickboxing
- 6:00-7:00pm ▶ Kickboxing (All Levels)
- 6:00-7:00pm ▶ Gi Jiu-Jitsu (NEW)
- 7:00-8:00pm ▶ Kickboxing (Advanced)
- 7:00-8:00pm ▶ Jiu-Jitsu for MMA

THURSDAY

- 9:00-8:00pm ▶ Open Gym
- 9:00-10:00am ▶ Cardio Fit Class (NEW)
- 11:00-12:00pm ▶ Jiu-Jitsu for MMA
- 12:00-1:00pm ▶ Thai Boxing (All Levels)
- 6:00-7:00pm ▶ Thai Boxing (All Levels) *Adam Higson*
- 7:00-8:00pm ▶ MMA (All Levels)
- 7:00-8:00pm ▶ Strength and Conditioning

FRIDAY

- 9:00-6:00pm ▶ Open Gym
- 11:00-12:00pm ▶ Jiu-Jitsu for MMA
- 12:00-1:00pm ▶ Kickboxing (All Levels)
- 1:00-2:00pm ▶ Cardio Fit Class (NEW)
- 5:00-6:00pm ▶ Kickboxing (All Levels)
- 5:00-6:00pm ▶ Gi Jiu-Jitsu (NEW)

SATURDAY

- 9:00-1:00pm ▶ Open Gym
- 10:00-11:00am ▶ Boxing
- 11:00-12:00pm ▶ Kids Program
- 11:00-12:00pm ▶ MMA (All Levels)
- 12:00-1:00pm ▶ Thai Boxing *Adam Higson*

FEEES

- 1 Month** ▶ \$80⁰⁰ + Tax
- 3 Months** ▶ \$225⁰⁰ + Tax
- 1 Year** ▶ \$780⁰⁰ + Tax
- Drop In** ▶ \$10⁰⁰ + Tax

(payment upfront)

CONTRACT FEES

- 6 Months** ▶ \$70⁰⁰ + Tax / Month
- 1 Year** ▶ \$65⁰⁰ + Tax / Month

*Automatic Withdrawal choose 1st, 15th or split monthly payments

SPECIALTY FEES

- Women's Only** ▶ \$40⁰⁰ + Tax / Month
- Kids Program** ▶ \$50⁰⁰ + Tax / Month*

*Each student must purchase Kids program outfit.