



# ADRENALINE CLASS TRAINING SCHEDULE

519-451-8880 • [www.adrenalinemma.ca](http://www.adrenalinemma.ca)



## MONDAY

10:00-11:00am -Open Gym  
 11:00-12:00pm -Jiu-Jitsu for MMA  
 12:00-1:00pm -Kickboxing (All Levels)  
 1:00-6:00pm -Open Gym  
 5:00-6:00pm -Women's only Kickboxing  
 6:00-7:00pm -Beginner Kickboxing  
 7:00-8:00pm -Advanced Kickboxing (MAT1)  
 7:00-8:00pm -Jiu-Jitsu for MMA

## TUESDAY

10:00-11:00am-Open Gym  
 11:00-12:00pm-Jiu-Jitsu for MMA  
 12:00-1:00pm -Kickboxing (All Levels)  
 1:00-6:00pm -Open Gym  
 6:00-7:00pm -Kickboxing-All Levels  
 7:00-8:00pm -Beginner Jiu-Jitsu  
 7:00-8:00pm -MMA Class (MAT 2)  
 7:00-8:00pm -Strength and Conditioning (MAT2)  
 8:00-9:00pm -Supervised Sparring and Open Mat

## WEDNESDAY

**\*\* Same Schedule as MONDAY\*\***

## THURSDAY

**\*\* Same Schedule as TUESDAY\*\***  
**-NO SPARRING CLASS-**

## FRIDAY

10:00-11:00am- Open Gym  
 11:00-12:00pm- Jiu-Jitsu for MMA  
 12:00-1:00pm -Kickboxing (All Levels)  
 1:00-5:00pm -Open Gym  
 5:00-6:00pm -Kickboxing (All Levels) (MAT 1)

## SATURDAY

10:00-11:00am -Women's Only Kickboxing  
 10:00-11:00am -Boxing (Fitz Vanderpool)  
 11:00-12:00pm -MMA (All Levels)  
 12:00-1:00 -YOGA  
 12:00-1:00 -Pro/Open Sparring

## FEES

1 Month - \$ 80.00 + GST  
 3 Months - \$ 225.00 + GST  
 1 Year - \$ 780.00 + GST  
 Drop In - \$ 10.00 + GST  
 (payment up front)

## CONTRACT FEES

6 Months \$ 70.00 + GST/Month  
 1 Year \$ 65.00 + GST/Month  
 Students 8 Month Contract \$65 + GST/Month

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

## WOMEN'S ONLY FEES

1 Month - \$40.00 + GST