

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.