

**ROCKLAND ACADEMY**  
 (613) 446-3322  
 WWW.OAMA.CA



**OTTAWA ACADEMY  
 OF MARTIAL ARTS**



**UPPER ROOM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Kid's Comp Team 9:30 am – 10:15 am
					Samurai Kids 10:15 am – 11:00 am
					BJJ Blue 11:00 am – 11:45 am
					Thai Conditioning 11:45 am – 12:30 pm
After School Program 2:45 pm – 5:30 pm	After School Program 2:45 pm – 5:30 pm	After School Program 2:45 pm – 5:30 pm	After School Program 2:45 pm – 5:30 pm	After School Program 2:45 pm – 5:30 pm	
Samurai Kids 5:30 pm – 6:15 pm	Samurai Kids 5:30 pm – 6:15 pm	Samurai Kids 5:30 pm – 6:15 pm	Black Belt Club 5:30 pm – 6:15 pm	Samurai Kids 5:30 pm – 6:15 pm	
Thai Conditioning 6:15 pm – 7:00 pm	Thai Conditioning 6:15 pm – 7:00 pm	Thai Conditioning 6:15 pm – 7:00 pm	Thai Conditioning 6:15 pm – 7:00 pm	Thai Conditioning 6:15 pm – 7:00 pm	
Thai Technique 7:00 pm – 7:45 pm	Thai Technique 7:00 pm – 7:45 pm	Boxing 7:00 pm – 7:45 pm	Thai Technique 7:00 pm – 7:45 pm	Muay Thai Advanced 7:00 pm – 7:45 pm	
Thai Sparring 7:45 pm – 8:30 pm	BJJ Blue 7:45 pm – 8:30 pm	Muay Thai Advanced 7:45 pm – 8:30 pm	BJJ Blue 7:45 pm – 8:30 pm	No Gi 7:45 pm – 8:30 pm	
		Thai Sparring 8:30 pm – 9:15 pm			

**LOWER ROOM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Tiny Tigers 10:15 am – 11:00 am
					Black Belt Club 11:00 am – 11:45 am
Tiny Tigers 5:30 pm – 6:00 pm		Tiny Tigers 5:30 pm – 6:00 pm		Tiny Tigers 5:30 pm – 6:00 pm	
BJJ Blue 6:15 pm – 7:00 pm	Krav Maga 6:15 pm – 7:00 pm	BJJ Blue 6:15 pm – 7:00 pm	Krav Maga 6:15 pm – 7:00 pm	Youth Group 5:30 pm – 9:30 pm	
Randori 7:00 pm – 7:45 pm	Randori 7:00 pm – 7:45 pm	Randori 7:00 pm – 7:45 pm	Randori 7:00 pm – 7:45 pm		