



KANATA ACADEMY OF MARTIAL ARTS

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mat A					
12:00-1:00 BJJ Blue	12:00-1:00	12:00-1:00 BJJ Blue	12:00-1:00	12:00-1:00 BJJ Purple	9:00-9:30 S.T.O.R.M.
2:30-5:00 ASP	2:30-5:00 ASP	2:30-5:00 ASP	2:30-5:00 ASP	2:30-5:00 ASP - Friday Funday	9:30-10:15 Kids Muay Thai
5:00-5:45 Kids Adv. MT	5:00-5:45 Kids MT	5:00-5:45 Kids Adv. BJJ	5:00-5:45 Kids BJJ	5:00-5:45 Kids MT	10:15-11:00 Kids BJJ
5:45-6:30 Kids MT	5:45-6:30 Ultimate Fitness	5:45-6:30 Kids MT	5:45-6:30 Ultimate Fitness	5:45-6:30 Kids BJJ	11:00-11:45 BJJ Blue
6:30-7:15 MT Conditioning	6:30-7:15 MT Conditioning	6:30-7:15 MT Conditioning	6:30-7:15 MT Conditioning	6:30-7:15 MT Conditioning	11:45-12:45 MT Condition & Tech
7:15-8:00 MT Technique	7:15-8:00 MT Technique	7:15-8:00 MT Technique	7:15-8:00 MT Fundamentals	7:15-8:00 Boxing	
8:00-8:45 MMA/MT Adv.	8:00-8:45 Sparring	8:00-8:45 MMA/MT Adv.	8:00-8:45 MT Adv.		
Mat B					
12:00-1:00 MT Open Mat	12:00-1:00	12:00-1:00 MT Open Mat	12:00-1:00	12:00-1:00 MT Open Mat	9:00-9:30
4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	9:30-10:15 Tiny Tiger's JR & SR
5:15-5:45 Tiny Tigers JR	5:00-5:45 Kids Adv. BJJ	5:15-5:45 Tiny Tigers JR	5:00-5:45 Kids Adv. MT	5:15-5:45 Tiny Tiger's JR & SR	10:15-11:00 Wrestling/Takedowns
5:45-6:15 Tiny Tigers SR	5:45-6:30 Kids BJJ	5:45-6:15 Tiny Tigers SR	5:45-6:30 Kids MT	5:45-6:30 Youth MMA	11:45-12:45 Randori
6:30-7:15 Kids BJJ	6:30-7:15 BJJ Blue	6:30-7:15 Kids BJJ	6:30-7:15 BJJ Blue	6:30-7:15 Randori	
7:15-8:00 BJJ Blue	7:15-8:00 Randori	7:15-8:00 No Gi	7:15-8:00 Randori	7:15-8:00 BJJ Blue	
8:00-8:45 Randori	8:00-8:45 BJJ Purple	8:00-8:45 Randori	8:00-8:45 BJJ Purple		