KANATA ACADEMY OF MARTIAL ARTS

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mat A					
12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	9:00-9:30
BJJ		No Gi		BJJ Elite	STORM
2:30-5:00	2:30-5:00	2:30-5:00	2:30-5:00	2:30-5:00	9:30-10:15
ASP	ASP	ASP	ASP	ASP - Friday Funday	Kid's MT
5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	5:00-5:45	10:15-11:00
Kid's Adv. MT	Kid's MT	Kid's Adv. MT	Kid's MT	Kids MT	Ultimate Fitness
5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	11:00-11:45
Kid's MT	Ultimate Fitness	Kid's MT	Ultimate Fitness	Kid's BJJ	BJJ
6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	11:45-12:30
MT Conditioning	MT Conditioning	MT Conditioning	MT Conditioning	MT Conditioning	MT Condition & Tech
7:15-8:00	7:15-8:00	7:15-8:00	7:15-8:00	7:15-8:00	
MT Technique	MT Technique	MT Technique	MT Technique	Boxing	
8:00-8:45	8:00-8:45	8:00-8:45	8:00-8:45		
MMA	Sparring	MT Adv.	MT Adv.		
Mat B					
12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	9:30-10:15
					Tiny Tigers
4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	10:15-11:00
					Kid's BJJ
5:15-5:45	5:00-5:45	5:15-5:45	5:00-5:45	5:15-5:45	11:45-12:30
Tiny Tigers	Kid's Adv. BJJ	Tiny Tigers	Kid's BJJ	Tiny Tigers	Randori
5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	5:45-6:30	
Kid's BJJ	Kid's BJJ	Kid's Adv. BJJ	Kid's Fitness	Wrestling/Takedowns	
6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	6:30-7:15	
BJJ	BJJ	Kid's BJJ	BJJ	Randori	
7:15-8:00	7:15-8:00	7:15-8:00	7:15-8:00	7:15-8:00	
Randori	Randori	No Gi	Randori	BJJ	
8:00-8:45		8:00-8:45	8:00-8:45		
BJJ Elite		No Gi Randori	BJJ Elite		