



KANATA ACADEMY OF MARTIAL ARTS

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Right Mat					
12:00-1:00 BJJ	12:00-1:00 Randori	12:00-1:00 No Gi	12:00-1:00	12:00-1:00 BJJ Elite	9:45-10:30 Kid's MT Conditioning
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	10:30-11:15 Ultimate Fitness
5:00-5:45 Kid's Bjj	5:00-5:45 Kid's Bjj	5:00-5:45 Kid's Adv. MT	5:00-5:45 Kids MT	5:00-5:45 Kid's MT	11:15-12:00 Muay Thai
5:45-6:30 Kid's MT	5:45-6:30 Ultimate Fitness	5:45-6:30 Kid's MT	5:45-6:30 Ultimate Fitness	5:45-6:30 Kid's No-Gi Bjj	
6:30-7:15 MT Conditioning	6:30-7:15 MT Condititoning	6:30-7:15 MT Conditioning	6:30-7:15 MT Condititoning	6:30-7:15 MT Conditioning	
7:15-8:00 MT Technique	7:15-8:00 MT Technique	7:15-8:00 MT Technique	7:15-8:00 Boxing	7:15-8:00 MT Technique	
8:00-8:45 MMA/MT Advanced	8:00-8:45 Sparring	8:00-8:45 MT Advanced	8:00-8:45 MT Advanced		
Left Mat					
12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	12:00-1:00	9:30-10:00 Parents & Tots (2-4)
4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	4:15-5:00	10:00-10:30 Tiny Tigers
5:15-5:45 Tiny Tigers	5:15-5:45 Tiny Tigers	5:15-5:45 Kid's Bjj	5:15-5:45 Tiny Tigers	5:15-5:45 Tiny Tigers	10:30-11:15 Kid's Bjj
5:45-6:30 Kid's Bjj Adv.	5:45-6:30 Kid's Bjj Comp	5:45-6:30 Kid's Bjj Adv.	5:45-6:30 Kid's Fitness	5:45-6:30 Kid's MT Adv.	11:15-12:00 Bjj
6:30-7:15 Bjj	6:30-7:15 Bjj	6:30-7:15 Wrestling/Takedowns	6:30-7:15 Bjj	6:30-7:15 Randori	12:00-12:45 Randori
7:15-8:00 Randori	7:15-8:00 Randori	7:15-8:00 No Gi	7:15-8:00 Randori	7:15-8:00 Bjj	
8:00-8:45 Bjj Elite		8:00-8:45 No Gi Randori	8:00-8:45 Bjj Elite		