

# ASP SCHEDULE

September 2020



**KANATA ACADEMY**  
**OF MARTIAL ARTS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MUAY THAI</b> 4:30 pm	<b>FITNESS</b> 4:30 pm	<b>MUAY THAI</b> 4:30 pm	<b>BJJ</b> 4:30 pm	<b>FUNDAY</b> 4:30 pm	
<b>BJJ</b> 4:30 pm		<b>BJJ</b> 4:30 pm			

## FUNDAY FRIDAYS

- September 4th - Gi's Off, Dance Off
- September 11th - Kanata Ninja Warrior
- September 18th - Kanata's Got Talent
- September 25th - Fear Factor