



2018



2019



310 Main Street (side entrance) (905) 878-1074

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
					JR. White – Orange 4 – 7 Yrs 10:00 – 11:00 AM	
JR. 2 Yellow & Orange 7 – 10 Yrs 4:30 – 5:30 PM	SR. Green Belt & Up 5:00 – 6:00 PM		JR. 2 Yellow & Orange 7 – 10 Yrs 4:30 – 5:30 PM		JR. White – Orange 7 – 10 Yrs 11:15 – 12:15 PM	
JR. Yellow & Orange 7 – 10 Yrs 5:30 – 6:30 PM	JR. White Belt 7 Yrs & Over 6:00 – 7:00 PM	JR. White – Orange 4 – 7 Yrs 5:30 – 6:30 PM	JR. Yellow & Orange 10 Yrs & Over 5:30 – 6:30 PM		JR. White – Orange 10 Yrs & Over 12:30 – 1:30 PM	
JR. Green Belt & Up 6:30 – 7:30 PM	ADULT JIU JITSU 7:00 – 8:30 PM	JR. Green Belt & Up 6:30 – 7:30 PM	SR. Green Belt & Up 6:30 – 7:30 PM		ADULT OPEN TRAINING 1:30 – 3:30 PM	
ADULT JIU JITSU 7:30 – 9:00 PM		ADULT JIU JITSU 7:30 – 9:00 PM	ADULT JIU JITSU 7:30 – 9:00 PM			

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