

940 Brock Rd, Unit 7
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Hours of Operation

Monday 11am to 9:30pm
Tuesday 11am to 9:30pm
Wednesday 11am to 9:30pm
Thursday 11am to 9:30pm
Friday 11am to 9pm
Saturdays 10:30am to 2:00pm
Sundays 10:30am to 2:30pm

SUN		MON	TUE	WED	THU	FRI	SAT
11:00-11:45 JR Kids Muay Thai							11:00-11:45 Kids Boxing
12:30 Kids Jiu-Jitsu	12:00 Muay Thai	12:00 Muay Thai	12:00 Muay Thai	12:00 Muay Thai	12:00 Muay Thai	12:00 Muay Thai	11:00 BJJ Comp Gi/NoGi
1:15 - 2pm SR KIDS Muay Thai Blue Shorts & Higher							1:15 -2:00 SR KIDS Muay Thai White/Yellow Shorts
2:00 Teen/Adult Japanese Jiu-Jitsu							
			5:00 -5:45 SR KIDS Muay Thai Blue Shorts & Higher	5:00 Kids Jiu-Jitsu			
	6:00 -6:45 SR KIDS Muay Thai White/Yellow Shorts	6:00 - 6:45 JR KIDS Muay Thai	6:00 Kids Jiu-Jitsu	6:00 -6:45 SR KIDS Muay Thai White/Yellow Shorts	6:00 - 6:45 JR KIDS Muay Thai	6:30 Kids White Belt Jiu-Jitsu	6:00-6:45 SR KIDS Muay Thai Blue Shorts & Higher
	7:00 Muay Thai	7:00 Kids Comp Jiu-Jitsu	7:00 Boxing	7:30 Teen/Adult Japanese Jiu-Jitsu	7:00 Muay Thai	7:00 Muay Thai	7:00 Boxing
	8:00 BJJ	8:00 Boxing	8:00 Muay Thai	8:00 BJJ	8:00 Muay Thai Sparring	8:00 Beginner BJJ	8:00 Boxing Boxing Sparring