

940 Brock Rd, Unit 7
Pickering ON - 905-492-P4PP (7477)



Email: Pound4poundmma@yahoo.com
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Instagram: [pound4pound_p4p](https://www.instagram.com/pound4pound_p4p)

Hours of Operation

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

** JR Classes - Ages 5-9 Years / SR Classes - Ages 10-15 **

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