

100% MARTIAL ARTS & FITNESS

OTTAWA   

Feel great about you.

CHILDREN
YOUTH
& ADULT
PROGRAMS



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	100% FITNESS ALL LEVELS 11:00-11:30AM		100% FITNESS ALL LEVELS 11:00-11:30AM		LITTLE NINJAS (AGES 4-6) 9:00-9:40AM
	KICKBOXING ALL LEVELS 11:30-12:15PM		KICKBOXING ALL LEVELS 11:30-12:15PM		KIDS KICKBOXING INTERMEDIATE 9:40-10:00AM
	JIU JITSU ALL LEVELS 12:15-1:00PM		JIU JITSU ALL LEVELS 12:15-1:00PM		KIDS JIU JITSU ALL LEVELS 10:00-10:40AM
100% FITNESS ALL LEVELS 5:30-6:00PM	KIDS WORKSHOP SPARRING/GRAPPLE 5:20-5:40PM	100% FITNESS ALL LEVELS 5:30-6:00PM	KIDS WORKSHOP SPARRING/GRAPPLE 5:20-5:40PM	100% FITNESS ALL LEVELS 5:30-6:00PM	KOBUDO KIDS/ADULTS ADV 10:40-11:00AM
KICKBOXING KICKSTART 6:00-6:40PM	KIDS JIU JITSU ALL LEVELS 5:40-6:20PM	KICKBOXING KICKSTART 6:00-6:40PM	KIDS JIU JITSU ALL LEVELS 5:40-6:20PM	KICKBOXING BLACK BELTS 6:00-7:00PM	ADULT JIU JITSU ALL LEVELS 11:00-11:40AM
KICKBOXING PRO KICK 6:20-7:00PM	KOBUDO KIDS/ADULTS ADV 6:20-6:40PM	KICKBOXING PRO KICK 6:20-7:00PM	KOBUDO KIDS/ADULTS ADV 6:20-6:40PM	KICKBOXING GOLDEN GLOVES 6:00-7:00PM	ADULT JIU JITSU BLACK BELT EXT. 11:40-12:00PM
ADULT JIU JITSU NOVICE 7:00-7:40PM	ADULT JIU JITSU BLUE GI & UP 6:40-7:20PM	ADULT JIU JITSU NOVICE 7:00-7:40PM	ADULT JIU JITSU BLUE GI & UP 6:40-7:20PM	ADULT JIU JITSU BLACK BELTS 7:00-8:00PM	KICKBOXING ALL LEVELS 12:00-12:40PM
ADULT JIU JITSU BLUE GI 7:00-7:40PM	BRAZILIAN JIU JITSU ALL LEVELS 7:20-8:20PM	ADULT JIU JITSU BLUE GI 7:00-7:40PM	BRAZILIAN JIU JITSU ALL LEVELS 7:20-8:20PM		100% FITNESS ALL LEVELS 12:30-1:00PM
ADULT JIU JITSU MASTERS 7:00-8:00PM	100% FITNESS ALL LEVELS 7:20-8:00PM	ADULT JIU JITSU MASTERS 7:00-8:00PM	100% FITNESS ALL LEVELS 7:20-8:00PM		PERSONAL TRAINING 1:00-2:00PM
BRAZILIAN JIU JITSU OPEN MAT GRAPPLE 8:00-9:00PM	KICKBOXING KICKSTART 8:00-8:40PM	BRAZILIAN JIU JITSU OPEN MAT GRAPPLE 8:00-9:00PM	KICKBOXING KICKSTART 8:00-8:40PM		
PERSONAL TRAINING 8:00-9:00PM	KICKBOXING PRO KICK / GG 8:20-9:00PM	PERSONAL TRAINING 8:00-9:00PM	KICKBOXING PRO KICK / GG 8:20-9:00PM		
	YOGA STRETCHING 9:00-9:40PM		YOGA STRETCHING 9:00-9:40PM		