



# HAYABUSA-ACADEMY.COM

677 INNOVATION DRIVE, KINGSTON, ON - 613.484.5455

TIMETABLE STARTS: SEPT 16, 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
OPEN 11:30 AM		OPEN 11:30 AM		OPEN 11:30 AM		OPEN 11:30 AM		OPEN 11:30 AM		OPEN 8:45 AM	
MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
12:10 PM - 12:40 PM STRIKE 30 FITNESS KICKBOXING		12:00 PM - 1:00 PM BRAZILIAN JIU JITSU ALL LEVELS		12:10 PM - 12:40 PM STRIKE 30 FITNESS KICKBOXING		12:00 PM - 1:00 PM No GI JITS ALL LEVELS		12:10 PM - 12:40 PM STRIKE 30 FITNESS KICKBOXING		9:00 - 10:00 OPEN MAT	
PENTRAI		PENTRAI		PENTRAI		PENTRAI		PENTRAI		PENTRAI	
4:45 - 5:20 STRENGTH +		4:30 - 5:20 KIDS JIU JITSU (AGES 10 - 12)		4:45 - 5:20 STRENGTH +		4:30 - 5:20 KIDS JIU JITSU (AGES 10 - 12)		4:30 - 5:20 KIDS JIU JITSU (AGES 7 - 9)		4:30 - 5:20 KIDS KICKBOXING (AGES 10 - 12)	
5:30 PM - 6:20 PM UBFIT FITNESS KICKBOXING		5:30 PM - 6:20 PM UBFIT FITNESS KICKBOXING		5:30 PM - 6:20 PM UBFIT FITNESS KICKBOXING		5:30 PM - 6:20 PM UBFIT FITNESS KICKBOXING		5:30 PM - 6:20 PM UBFIT FITNESS KICKBOXING		<div>CLOSED 12:30 PM</div> <div>Notes:</div> <div>1.) Kids Classes</div> <div>Age groups are suggested ages only. Size and / or experience may also factor into which class fits best for the student.</div> <div>2.) Jiu Jitsu Classes</div> <div>- 101 classes are available to all belt / experience levels.</div> <div>3.) Muay Thai Classes</div> <div>- Fundamentals classes are available to all experience levels.</div> <div>- Advanced Striking classes are available to students with a minimum of 6 months of striking experience and up.</div> <div>4.) MMA Team Training</div> <div>These classes are available to students who are on a Silver or Gold membership package and are attending Advanced Striking and 201 Jiu Jitsu classes.</div> <div>Please advise your coach if you plan on attending these classes.</div>	
6:30 - 7:30 BRAZILIAN JIU JITSU 101		6:30 - 7:30 MUAY THAI FUNDAMENTALS		6:30 - 7:30 BRAZILIAN JIU JITSU 101		6:30 - 7:30 MUAY THAI FUNDAMENTALS		6:30 - 7:30 BRAZILIAN JIU JITSU 101			
7:35 - 8:35 BRAZILIAN JIU JITSU RANDORI		7:35 - 8:35 MUAY THAI ADVANCED STRIKING		7:35 - 8:35 No GI JITS RANDORI		7:35 - 8:35 OPEN SPARRING		7:35 - 8:35 MMA TEAM TRAINING			
CLOSED 9:15 PM		CLOSED 9:15 PM		CLOSED 9:15 PM		CLOSED 9:15 PM		CLOSED 8:15 PM			