



HAYABUSA-ACADEMY.COM

677 INNOVATION DRIVE, KINGSTON, ON - 613.484.5455

KIDS DROP IN CLASSES START
SATURDAY MARCH 6, 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
OPEN 10:45 AM		OPEN 3:45 PM		OPEN 10:45 AM		OPEN 3:45 PM		OPEN 10:45 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
11:00 AM - 11:30 AM STRIKE 30		CLEANING		11:00 AM - 11:30 AM STRIKE 30		CLEANING		11:00 AM - 11:30 AM STRIKE 30		9:00 AM - 9:30 AM KIDS FIT (AGE 5-9)	
CLEANING				CLEANING				CLEANING		9:45 AM - 10:15 AM KIDS KICKBOXING (AGES 7-10)	
12:00 PM - 1:00 PM BRAZILIAN JIU JITSU				12:00 PM - 1:00 PM BRAZILIAN JIU JITSU						10:30 AM - 11:00 AM KIDS KICKBOXING (AGES 7-10)	
CLEANING				CLEANING						11:15 AM - 11:45 AM KIDS KICKBOXING (AGES 11-14)	
3:30 PM - 4:00 PM STRIKE 30				3:30 PM - 4:00 PM STRIKE 30						12:00 PM - 12:30 PM TEENS STRIKE 30 (AGES 14-17)	
CLEANING				CLEANING							
4:30 PM - 5:00 PM STRIKE 30				4:30 PM - 5:00 PM STRIKE 30				4:30 PM - 5:00 PM STRIKE 30			
CLEANING		4:45 PM - 5:30 PM STRIKE 45		4:45 PM - 5:30 PM STRIKE 45		CLEANING					
5:30 PM - 6:00 PM STRIKE 30		5:30 PM - 6:00 PM STRIKE 30		5:30 PM - 6:00 PM STRIKE 30		5:30 PM - 6:00 PM STRIKE 30					
CLEANING		6:00 PM - 7:00 PM MUAY THAI		6:00 PM - 7:00 PM MUAY THAI		6:15 PM - 7:15 PM BRAZILIAN JIU JITSU					
6:15 PM - 7:15 PM BRAZILIAN JIU JITSU				6:15 PM - 7:15 PM BRAZILIAN JIU JITSU				6:15 PM - 7:15 PM BRAZILIAN JIU JITSU		SUNDAY	
CLEANING				CLEANING		CLEANING		CLEANING			
7:45 PM - 8:45 PM BRAZILIAN JIU JITSU		7:30 PM - 8:30 PM MUAY THAI		7:45 PM - 8:45 PM BRAZILIAN JIU JITSU		7:30 PM - 8:30 PM MUAY THAI		CLOSED 7:30 PM			
CLEANING				CLEANING		CLEANING				MAT 1	
										MAT 2	
CLOSED 9:00 PM		CLOSED 9:00 PM		CLOSED 9:00 PM		CLOSED 9:00 PM				CLOSED	