



**GYM HOURS MONDAY TO FRIDAY 9:00 a.m to 9: p.m**  
**SATURDAY 8:30 a.m to 2 p.m SUNDAY 9:30am to 2pm**  
**PHONE # 514-505-6200**

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**ADDRESS:295 LABROSSE, POINTE CLAIRE, H9R 1A3**

<b>ARTS</b>	<b>LUN/MON</b>	<b>MAR/TUES</b>	<b>MER/WED</b>	<b>JEU/THUR</b>	<b>VEN/FRI</b>	<b>SAM/SAT</b>	<b>DIM/SUN</b>
<b>MMA Sport &amp; Streetwise Intermediate/ Advanced</b>	9:30-10:30 a.m 12:30-1:30 p.m	9:30-10:30 a.m 7:30-9:00 pm	9:30-10:30 a.m 12:30-1:30 p.m	9:30-10:30 a.m 7:30 -9:00 pm	9:30-10:30 a.m 12:30-1:30 p.m		
<b>Take Down Class (Judo/Wrestling mix)</b>	6:30:7:30		6:30-7:30		6:30 -7:30		
<b>GRAPPLING/ BJJ</b>	<b>NO GI</b> 7:30-9:00 p.m	<b>NO GI</b> 7:30-9:00 pm	<b>NO GI</b> 7:30-9:00 p.m	<b>NO GI</b> 7:30-9:00 PM	<b>NO GI</b> 7:30-9:00 p.m	<b>OPEN GYM</b>	<b>OPEN GYM</b>
<b>BOXING/ KICKBOXING CARDIO</b>	6:30-7:30 a.m. 9:30-10:30 a.m 12:30-1:30 p.m 4:30-5:30 5:30-6:30 6:30-7:30	9:30-10:30 a.m 5:30-6:30 6:30-7:30 7:30-8:30	6:30-7:30 a.m. 9:30-10:30 a.m 12:30-1:30 p.m 4:30-5:30 5:30-6:30 6:30-7:30	9:30-10:30 a.m 5:30-6:30 6:30-7:30 7:30-8:30	6:30-7:30 a.m 9:30-10:30 a.m 12:30-1:30 p.m 4:30-5:30 5:30-6:30 6:30-7:30	9:00-10:00 10:15-11:15  <b>OPEN GYM</b>	10-11:00 a.m  <b>OPEN GYM</b>
<b>KICKBOXING SPORT</b>	9:30-10:30 12:30-1:30 5:30-6:30 7:30-8:30 <b>Competition team</b>	9:30-10:30 a.m 6:30-7:30	9:30-10:30 12:30-1:30 5:30-6:30 7:30-9:00sparring class only	9:30-10:30 a.m 6:30-7:30	9:30-10:30 12:30-1:30 5:30-6:30 7:30-8:30 <b>Competition team</b>		<b>OPEN GYM</b>
<b>BOXING SPORT</b>	9:30-10:30 12:30-1:30 4:30-5:30 6:30-7:30 7 :30-8 :30 <b>Competition team</b>	9:30-10:30 a.m 5:30-6:30 7:30-8:30	9:30-10:30 12:30-1:30 4:30-5:30 6:30-7:30 7:30-9pm sparing class only	9:30-10:30 a.m 5:30-6:30 7:30-8:30 Bag Drills	9:30-10:30 12:30-1:30 4:30-5:30 6:30-7:30 7:30-8:30 <b>competition team</b>	11:30-12:30	<b>OPEN GYM</b>