



GYM HOURS MONDAY TO FRIDAY 9:00 am to 9:30 pm

SATURDAY 8:30 am to 2 pm

SUNDAY 9:30 to 2 pm

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	LUNDI/ MONDAY	MARDI/ TUESDAY	MERCREDI/ WEDNESDAY	JEUDI/ THURSDAY	VENDREDI/ FRIDAY	SAMEDI/ SATURDAY	DIMANCHE / SUNDAY
Little Ninjas 3-4-5	4:30-5:00 pm	5:30-6:00 pm	4:30-5:00 pm	6:30-7:00 pm	5:30-6:00 pm	AM 9:00-9:30 10:15-10:45	AM 10:00-10:30
PEE- WEE 6-7-8-(9)	5:30-6:30 pm	5:30-6:30pm	5:30-6:30 pm	6:30-7:30pm	5:30-6:30 pm	9:00-10:00 10:15-11:15	10:00-11:00
JUNIOR (9)- 10- 11-12	4:30-5:30 pm	6:30-7:30 pm	4:30-5:30 pm	5:30-6:30 pm	5:30-6:30 pm	9:00-10:00 10:15-11:15	10:00-11:00
Grappling						11:30- 12:30pm	

9 Years of age for Peewee and Junior will be based on maturity level and size