

Sudbury's Premiere Martial Arts Academy

428 Westmount Ave



New Sudbury - Adult Days and Afternoons

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
MORNING CLASSES									
GRACIE ROOM	SMMA ROOM	GRACIE ROOM	SMMA ROOM	GRACIE ROOM	SMMA ROOM	GRACIE ROOM	SMMA ROOM	GRACIE ROOM	GRACIE ROOM
		Brazilian Jiu Jitsu 6:15 – 7am *All Levels*				Cardio Kick & Fit 6:15 – 7am			
		Cardio Kick & Fit 7am – 7:45				Brazilian Jiu Jitsu 7am – 7:45 *All Levels*			Brazilian Jiu Jitsu 9:30am – 10:30 *All Levels*
AFTERNOON CLASSES									
Brazilian Jiu Jitsu 11am-12 *All Levels*		Brazilian Jiu Jitsu 11am-12 *All Levels*		Muay Thai 11am – 12 *All Levels*		Muay Thai 11am – 12 *All Levels*			
Muay Thai 12pm – 1pm *All Levels*		Muay Thai 12pm – 1pm *All Levels*		Brazilian Jiu Jitsu 12 - 1pm *All Levels*		Brazilian Jiu Jitsu 12 - 1pm *All Levels*			Muay Thai 12pm – 1pm *All Levels*
		Brazilian Jiu Jitsu 4:30pm -5:15 *RANDORI*				Brazilian Jiu Jitsu 4:30pm -5:15 *RANDORI*			

705-586-5400

www.sudburymma.com