

# MISSISSAUGA MARTIAL ARTS CENTRE

905-607-2626

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 noon	ADULT ALL BELT		ADULT ALL BELT		ADULT ALL BELT	CHILDREN BEGINNER 11:00-12:00PM	CLOSED
4:30-5:30	AFTER SCHOOL PROGRAM & CHILDREN BEGINNER	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM & CHILDREN BEGINNER	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM & CHILDREN BEGINNER	CHILDREN YELLOW & UP 12-1PM	
5:30-6:30	CHILDREN YELLOW & GREEN STRIPE	RED AND BLACK BELT CLASS	CHILDREN GREEN & UP	CHILDREN YELLOW & GREEN STRIPE	CHILDREN GREEN & UP	ADULT ALL BELT 1PM-2:15	
6:30-7:30	CHILDREN BEGINNER	CHILDREN YELLOW & GREEN STRIPE	CHILDREN BEGINNER	CHILDREN GREEN & UP	CHILDREN BEGINNER		
7:30-8:30	CHILDREN GREEN & UP	ADULT BEGINNER	ADULT YELLOW & UP	ADULT BGINNER	ADULT ALL BELT		
8:30-9:45	ADULT & YOUTH ALL BELT CARDIO						
Jiu Jitsu	7PM-9PM		7PM-9PM			12PM-2PM	