



MARTIALARTSPLANET.CA

1187 PRINCESS STREET, KINGSTON, ON - 613.547.2822

WINTER 2011/2012 TIMETABLE

TIMETABLE BEGINS DECEMBER 5, 2011

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
OPEN 11:30 AM		OPEN 11:30 AM		OPEN 11:30 AM		OPEN 11:30 AM		OPEN 11:30 AM		OPEN 12:00 PM	
FRONT	REAR	FRONT	REAR	FRONT	REAR	FRONT	REAR	FRONT	REAR	FRONT	REAR
OPEN TRAINING	OPEN TRAINING	12:00 - 1:00 MMA No Gi BJJ	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	12:00 - 1:00 MMA No Gi BJJ	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	12:00 - 1:00 MUAY THAI KICKBOXING	CLOSED 2:15 PM
OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING	1:00 - 2:00 MMA GLADIATOR FIGHT TEAM	
5:20 - 6:05 Kids MMA (ALL AGES)	OPEN TRAINING	5:20 - 6:05 Kids JITS (Gi) (ALL AGES)	OPEN TRAINING	5:20 - 6:05 Kids MMA (ALL AGES)	OPEN TRAINING	5:20 - 6:05 Kids MMA (ALL AGES)	OPEN TRAINING	5:20 - 6:05 Kids MMA (ALL AGES)	OPEN TRAINING	OPEN TRAINING	
6:10 - 7:10 UBFIT FITNESS KICKBOXING	OPEN TRAINING	6:10 - 7:10 YOGA	OPEN TRAINING	6:10 - 7:10 UBFIT FITNESS KICKBOXING	OPEN TRAINING	6:10 - 7:10 UBFIT FITNESS KICKBOXING	6:10 - 7:10 MMA No Gi BJJ	6:10 - 7:10 UBFIT FITNESS KICKBOXING	6:10 - 7:10 Kids JITS (Gi) (ALL AGES)	OPEN TRAINING	
7:15 - 8:15 MUAY THAI KICKBOXING	7:15 - 8:15 WRESTLING \\\ No Gi BJJ	7:15 - 8:15 MMA No Gi BJJ	7:15 - 8:15 STRENGTH PLUS (TRX)	7:15 - 8:15 MUAY THAI KICKBOXING	7:15 - 8:15 BEGINNER No Gi BJJ	7:15 - 8:15 BRAZILIAN JIU-JITSU (Gi)	OPEN TRAINING	7:15 - 8:30 BRAZILIAN JIU-JITSU (Gi)	OPEN TRAINING		
8:20 - 9:20 BRAZILIAN JIU-JITSU (Gi)	OPEN TRAINING	8:20 - 9:20 OPEN MAT		8:20 - 9:20 MMA GLADIATOR FIGHT TEAM	8:20 - 9:20 OPEN MAT	8:20 - 9:20 COMPETITIVE GRAPPLING	OPEN TRAINING	OPEN TRAINING	OPEN TRAINING		
CLOSED 9:30 PM	CLOSED 9:30 PM	CLOSED 9:30 PM		CLOSED 9:30 PM	CLOSED 9:30 PM	CLOSED 9:30 PM	CLOSED 9:30 PM	CLOSED 8:45 PM	CLOSED 9:30 PM		