

LIONS MMA SCHEDULE



GRAPPLING - 1133 Granville

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi	Strength and		
All Levels	All Levels	All Levels	All Levels	All Levels	Conditioning		
6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	9:00am - 10:00am		
					Wrestling All Levels		
					10:00am - 11:00am		
					Womens Only		
					Brazilian Jiu-Jitsu		
					11:00am - 12:00pm		
No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi	Brazilian Jiu-Jitsu	No Gi	
Int-Advanced	Int-Advanced	Int-Advanced	Int-Advanced	Int-Advanced	All Levels	All Levels	
12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:15pm	12:00pm - 1:30pm	12:00pm - 1:30pm	
No Gi Beginner / White Belt	Brazilian Jiu-Jitsu Beginner / White Belt	No Gi Beginner / White Belt	Brazilian Jiu-Jitsu Beginner / White Belt	No Gi Beginner / White Belt			
1:30pm - 2:30pm	1:30pm - 2:30pm	1:30pm - 2:30pm	1:30pm - 2:30pm	1:30pm - 2:30pm			
Little Lions BJJ	Jr Lions BJJ	Teens BJJ / Competitive Youth	Jr. Lions BJJ	Little Lions BJJ			
4-7 Years Old	8+ Years Old	13+ Years Old	8+ Years Old	4-7 Years Old			
4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm	4:00pm - 5:00pm			
No Gi Beginner / White Belt	Brazilian Jiu-Jitsu Beginner / White Belt	No-GI Womens Only	Brazilian Jiu-Jitsu Beginner / White Belt	No Gi Beginner / White Belt			
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm-6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm			
No Gi	Brazilian Jiu-Jitsu Int-Advanced 6:25pm - 7:25pm	No Gi	Brazilian Jiu-Jitsu Int-Advanced 6:25pm - 7:25pm	No Gi			
last Advanced		All Lavala		lut Oducus sad			
Int-Advanced	No Gi	All Levels	No Gi	Int-Advanced			
6:30pm - 8:00pm	Beginner / White Belt 7:35pm-8:35pm	6:30pm - 8:00pm	Beginner / White Belt 7:35pm - 8:35pm	6:30pm - 8:00pm			
6.50pm - 8.00pm	1256 Granville St.	0.50pm - 8.00pm	1256 Granville St.	0.30piii - 6.00piii			
	No Gi Int - Advanced	MMA Int - Advanced	No Gi Int - Advanced				
	7:35pm-9:00pm	7:35pm - 9:00pm	7:35pm-9:00pm				
	1256 Granville St.	1256 Granville St.	1256 Granville St.				
ALL LEVEL CLASSES ALL LEVELS WELCOMED			WRESTLING / MMA	PREVIOUS GRAPPLING EXPERIENCE REQUIRED. CONTACT INFO@LIONSMMA.CA FOR MORE INFORMATION			
BEGINNER / WHITE 2 STRIPES AND BELOW BELT			1256 GRANVILLE ST.	THESE CLASSES ARE HELD AT LIONS MMA HQ @ 1256 GRANVILLE STREET			
INT - ADVANCED	3 STRIPES AND ABOVE						