



LIONS MMA SCHEDULE



GRAPPLING - 1133 Granville

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

