



# LIONS MMA SCHEDULE



## GRAPPLING - 1133 Granville

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
No Gi All Levels 6:30am - 7:30am	Brazilian Jiu-Jitsu All Levels 6:30am - 7:30am	No Gi All Levels 6:30am - 7:30am	Brazilian Jiu-Jitsu All Levels 6:30am - 7:30am	No Gi All Levels 6:30am - 7:30am	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 - 8:00pm	Brazilian Jiu-Jitsu Int-Advanced 6:25pm - 7:25pm	No Gi  All Levels  6:30pm - 8:00pm	Brazilian Jiu-Jitsu Int-Advanced 6:25pm - 7:25pm	No Gi  Int-Advanced  6:30pm - 8:00pm		
	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 BELT    2 STRIPES AND BELOW  INT - ADVANCED    3 STRIPES AND ABOVE				WRESTLING / MMA    PREVIOUS GRAPPLING EXPERIENCE REQUIRED. CONTACT <a href="mailto:INFO@LIONSMMA.CA">INFO@LIONSMMA.CA</a> FOR MORE INFORMATION  1256 GRANVILLE ST.    THESE CLASSES ARE HELD AT LIONS MMA HQ @ 1256 GRANVILLE STREET		