



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.	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