

INT-ADV

LIONS MMA SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muay Thai All Levels	Muay Thai All Levels	Muay Thai All Levels	Muay Thai All Levels	Muay Thai All Levels	Muay Thai	
6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	6:30am - 7:30am	All Levels 9:00am - 10:00am	
Women's Only Muay Thai	Muay Thai All Levels	Women's Only Muay Thai	Muay Thai All Levels	Women's Only Muay Thai	Wrestling All Levels 10:00am - 11:00am	Litte Lions Wrestling
9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	9:00am - 10:00am	1133 Granville	4-12 Years Old 10:00am-11:00am
Dutch Kickboxing Drills + Sparring Int - Advanced	Boxing Beginners	Dutch Kickboxing Drills + Sparring Int - Advanced	Boxing Beginners	Dutch Kickboxing Drills + Sparring Int - Advanced	Women's Only Muay Thai	Teens Striking 13+ Years Old
11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm	10:00am - 11:00am	10:00am - 11:00am
	Boxing Int - Advanced 11:00am - 12:00pm		Boxing Int - Advanced 11:00am - 12:00pm		Boxing All Levels 11:15am - 12:15pm	Boxing All Levels 11:15am - 12:15pm
Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners
12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:30pm - 1:30pm	12:30pm - 1:30pm
Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:00pm - 1:00pm	Muay Thai Int - Advanced 12:30pm - 1:30pm	Muay Thai Int - Advanced 12:30pm - 1:30pm
					Dutch Kickboxing Drills + Sparring All Levels 1:45pm - 3:00pm	
Little Lions Pankration	Little Lions Martial Arts	Little Lions Pankration	Little Lions Martial Arts	Little Lions Pankration		
8-12 Years Old	4-7 Years Old	8-12 Years Old	4-7 Years Old	8-12 Years Old		
4:00pm - 5:00pm	4:00pm - 4:50pm	4:00pm - 5:00pm	4:00pm - 4:50pm	4:00pm - 5:00pm		
Teens Striking	Teens Striking		Teens Striking	Teens Striking		
13+ Years Old	13+ Years Old		13+ Years Old	13+ Years Old		
4:00pm - 5:00pm	4:00pm - 5:00pm		4:00pm - 5:00pm	4:00pm - 5:00pm		
Boxing Beginners	Muay Thai Beginners	Boxing Beginners	Muay Thai Beginners	Women's Only Muay Thai		
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm		
Boxing Int - Advanced	Muay Thai Int - Advanced	Boxing Int - Advanced	Muay Thai Int - Advanced			
5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm	5:15pm - 6:15pm			
Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners	Muay Thai Beginners		
6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm		
Muay Thai Int - Advanced	Muay Thai Int - Advanced	Muay Thai Int - Advanced	Muay Thai Int - Advanced	Muay Thai Int - Advanced		
6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm	6:25pm - 7:25pm		
Muay Thai Beginners	No Gi Beginner / White Belt	Muay Thai Beginners	No Gi Beginner / White Belt	Muay Thai Drills + Sparring Beginners		
7:35pm - 8:35pm Muay Thai	7:35pm - 8:35pm	7:35pm - 8:35pm Muay Thai	7:35pm - 8:35pm	7:35pm - 8:35pm		
Drills + Sparring Beginners 7:35pm - 8:35pm	No Gi	Drills + Sparring Beginners 7:35pm - 8:35pm	No Gi	Dutch Kickboxing		
Dutch Kickboxing Drills + Sparring	Int - Advanced	MMA Int - Advanced	Int - Advanced	Drills + Sparring Int - Advanced		
Int - Advanced	7.25 0.22		7.05	7.35 0.00		
7:35pm - 9:00pm TEAM TRAINING	7:35pm - 9:00pm TEAM TRAINING	7:35pm - 9:00pm TEAM TRAINING	7:35pm - 9:00pm TEAM TRAINING	7:35pm - 9:00pm TEAM TRAINING		
		TEATH HIGHWAY	- LAW HARMING	LEW HARMING		
BEGINNER / WHITE I	BELT	2 STRIPES AND BELOV	N			

3 STRIPES AND ABOVE