



Wood's Premier Martial Arts

905-777-9663

www.premiermartialarts.ca



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUN.
Tiny Champions 3 & 4 Years Old			5:30—6:00pm (Downstairs)				
Little Champions 5-7 Years Old 30 Minute Basic 45 Minute BBT	4:00—4:45pm Weapons	10:00—10:45am (Summer Only) 6:15—7:00pm Weapons	4:15—5:00pm Sparring	10:45—11:30am (Summer Only) 5:30—6:15pm Sparring	4:45—5:30 Weapons	10:00— 10:45am Sparring	
Kids' 8—12 YRS	4:45—5:30pm Weapons 5:30-6:15pm Weapons	10:45—11:30am (Summer Only) 4:00—4:45pm Weapons 4:45-5:30pm Weapons	5:00—5:45pm Sparring	10:00—10:45am (Summer Only) 4:00-4:45pm Sparring 6:15—7:00pm Sparring	5:30— 6:15pm Weapons 6:15-7:00pm Weapons	10:45— 11:30am Sparring 11:30- 12:15pm Sparring	
Premier Training 45 Minute Class			5:45pm Jiu Jitsu				
Leadership Training			6:30pm				
Teen (12-16) Krav Maga		5:30-6:15pm		4:45-5:30pm		12:15-1:00pm	
KRAV MAGA 1 Hour 1hr15min BBT	7:00p 8:00pm Weapons	12:00pm 7:00pm 8:00pm Weapons	7:00pm 8:00pm Sparring	12:00pm 7:00pm 8:00pm Sparring	6:30pm	9:00am	
Cardio Kickbox Cross Kick	9:30am 5:00-5:45pm 7:15-8:00pm	5:15-6:00pm 6:15-7pm	9:30-10:00am 7:15 –8:00pm	6:15-7pm	9:30-10:15am 5:00-5:40pm	9:30-10:15am	9:30- 10:15 am
TRX Suspension Band Training	6:15-7:00pm	9:30-10:15am				8:30am	
Power Yoga 1 Hour Classes						8:00am	
Bikini Body Boot Camp (Classes designed to tone, sculpt, mus- cles and lose weight)	6:00am 9:30am 4:15-4:55PM 5:00-5:45pm 6:15-7:00pm TRX 7:15-8pm	9:30am TRX-Body Rock 5:15-6:00pm 6:15pm	6:00am Cage Fitness 9:30am 6:15pm Body Rock 7:15-8:00pm Cross Kick	9:30am 4:15-5PM 6:15pm	6:00am 9:30am Resistance 5:00-5:45pm Cross kick	9:30am Interval Kickboxing	9:30am
Cage Fitness 30 min			9:30am				
Men's Fitness 30 min	6:30pm	6:15pm	6:30pm	6:15pm			