



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 Sparing	10:45—11:30am (Summer Only) 5:30—6:15pm Sparing	4:45—5:30 Weapons	10:00— 10:45am Sparing	
Beginner Kids' 8—12 YRS 30 Minute Basic 45 Minute BBT	4:45—5:30pm Weapons	10:45—11:30am (Summer Only) 4:00—4:45pm Weapons	5:00—5:45pm Sparing	10:00—10:45am (Summer Only) 6:15—7:00pm Sparing	5:30— 6:15pm Weapons	10:45— 11:30am Sparing	
Intermediate / Advanced Kids' 8—12	5:30—6:15pm Weapons	10:45—11:30am (Summer Only) 4:45—5:30 Weapons		10:00—10:45am (Summer Only) 4:00—4:45pm Sparing	6:15— 7:00pm Weapons	11:30— 12:15pm Sparing	
Premier Train- ing 45 Minute Class			5:45pm Jiu Jitsu				
Leadership Training			6:30pm				
Teen (12-16) Beginner to Advanced		5:30-6:15pm		4:45-5:30pm		12:15-1:00pm	
WOMEN'S SELF DEFENSE		Last Tuesday each month 7:30pm					
KRAV MAGA 1 Hour 1hr15min BBT	7:00p 8:00pm Weapons	7:00pm 8:00pm Weapons	7:00pm 8:00pm Sparing	12:00pm 7:00pm 8:00pm Sparing	6:30pm	9:00am	
CROSSKICK Fitness Kickboxing meets cross training	9:30am 5:00-5:45pm 7:15-8:00pm	5:15-6:00pm 6:00-6:30pm	9:30-10:00am 7:15 -8:00pm	6:00-6:30pm	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, muscles 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		6:00pm	9:30am	6:00pm			
Men's Fitness 30 min	6:30pm	6:15pm	6:30pm	6:15pm			