



# Wood's Premier Martial Arts

905-777-9663

[www.premiermartialarts.ca](http://www.premiermartialarts.ca)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun.
<b>Tiny Champions 3 &amp; 4 Years Old</b>			5:30—6:00pm (Downstairs)				
<b>Little Champions 5-7 Years Old 30 Minute Basic 45 Minute BBT</b>	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	
<b>Kid's Class 8-12 YRS 30 Minute Basic 45 Minute BBT</b>	4:45-5:15pm (5:45pm BBT) 5:30 - 6:00pm (6:15pm BBT) Weapons	10:45 - 11:30am (Summer Only) 4:00-4:30pm (4:45pm BBT) 4:45 - 5:15pm (5:30pm BBT) Weapons	5:00 - 5:45pm Sparing	10:00 - 10:45am (Summer Only) 4:00-4:30pm (4:45pm BBT) 6:15 - 6:45pm (7:00pm BBT) Sparing	5:30 - 6:00pm (6:15pm BBT) 6:15-6:45pm (7:00pm BBT) Weapons	10:45 -11:15am (11:30am BBT) 11:30-12pm (12:15pm BBT) Sparing	
<b>Premier Training 45 Minute Class</b>			5:45pm Jiu Jitsu				
<b>Leadership Training</b>			6:30pm				
<b>Teen (12-16) Beginner to Advanced</b>		5:30-6:15pm		4:45-5:30pm		12:15-1:00pm	
<b>WOMEN'S SELF DEFENSE</b>		Last Tuesday each month 7:30pm					
<b>KRAV MAGA 1 Hour 1hr15min BBT</b>	7:00p 8:00pm Weapons	12:00pm 7:00pm 8:00pm Weapons	7:00pm 8:00pm Sparing	12:00pm 7:00pm 8:00pm Sparing	6:30pm	9:00am	
<b>CROSSKICK Fitness Kickboxing meets cross training (Co-ed)</b>	9:30am 5:00-5:45pm 7:15-8:00pm	5:15-6:00pm	9:30-10:00am 7:15 -8:00pm		9:30-10:15am 5:00-5:40pm	9:30-10:15am	9:30am
<b>TRX Suspension Band Training (Co-ed)</b>						8:30am	
Power Yoga 1 Hour Classes						8:00am	
<b>Bikini Body Boot Camp</b> (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 6:00-6:30pm Cage Fitness	6:00am Cage Fitness 9:30am 6:15pm Body Rock 7:15-8:00pm Cross Kick	9:30am 4:15-5PM 5:15PM Body Rock-TRX 6:00-6:30pm Cage Fitness	6:00am 9:30am Resistance 5:00-5:40pm Cross kick	9:30am Interval Kickboxing	9:30am
Cage Fitness 30 min (Women Only)		6:00pm	9:30am	6:00pm			
Men's Fitness 30 min (Men Only)	6:30pm	6:30pm	6:30pm	6:30pm			