

# TORONTO STRIKING ACADEMY

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	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM - 11:00AM							NO-GI (CARMEN)
11:00 AM - 12:00PM							OPEN MAT (CARMEN)
11:30 AM - 12:30 PM	BOXING (KEVIN)						MUAY THAI LEVELS 2 & 3 (THOMAS)
12:30 PM - 1:30 PM (SAT & SUN)	MUAY THAI ALL LEVELS (NEELAN/KEVIN)	MUAY THAI ALL LEVELS (NEELAN)		MUAY THAI ALL LEVELS (NEELAN)		MUAY THAI ALL LEVELS (NEELAN)	MUAY THAI ALL LEVELS (NEELAN/THOMAS)
12:45 PM - 1:45 PM (MON, WED, FRI)							
1:30 PM - 2:30 PM	MUAY THAI 2/3 LEVELS ONLY (NEELAN/KEVIN)						
2:30 PM - 3:30 PM	SPARRING 2/3 LEVELS ONLY						
5:15 PM - 6:00PM		KIDS MMA ALL LEVELS (KEVIN)				KIDS MMA ALL LEVELS (MIKE)	
6:00 PM - 7:00 PM		BOXING (KEVIN)		BOXING (NEELAN)		BOXING (KEVIN)	
		MUAY THAI ALL LEVELS (MIKE)		MUAY THAI ALL LEVELS (KEVIN)		MUAY THAI ALL LEVELS (KEVIN/MIKE)	
7:00 PM - 8:00 PM		MUAY THAI ALL LEVELS (NEELAN/MIKE)		SPARRING LEVELS 2 & 3 ONLY		WRESTLING MMA ALL LEVELS (ERGYS/CARMEN)	