

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)
11:00 AM - 12:30PM	SPARRING LEVELS 2 & 3 ONLY (KEVIN/NEELAN)						
11:30 AM - 12:15 PM							KIDS MMA UNDER 12 ONLY (NEELAN)
12:30 PM - 1:30 PM (SAT & SUN)	MUAY THAI ALL LEVELS (NEELAN/KEVIN)	MUAY THAI ALL LEVELS (NEELAN/MIKE)		MUAY THAI ALL LEVELS (NEELAN)		MUAY THAI ALL LEVELS (MIKE)	MUAY THAI ALL LEVELS (NEELAN)
12:00 PM - 1:00 PM (MON, WED, FRI)							
1:30 PM - 2:30 PM	BOXING (/KEVIN)						BOXING (NEELAN)
5:15 PM - 6:00PM		KIDS MMA UNDER 12 ONLY (KEVIN/NEELAN)		KIDS MMA UNDER 12 ONLY (KEVIN/KESHON)			
6:00 PM - 7:00 PM		BOXING (KEVIN)		BOXING (CALVIN)		BOXING (KEVIN)	
		MUAY THAI ALL LEVELS (NEELAN)		MUAY THAI ALL LEVELS (KEVIN)		MUAY THAI ALL LEVELS (NEELAN)	
		WRESTLING ALL LEVELS (ERGYS)					
7:00 PM - 8:00 PM		BOXING (NEELAN)		BOXING (CALVIN)		WRESTLING ALL LEVELS (ERGYS/CARMEN)	
		MUAY THAI ALL LEVELS (NEELAN)		SPARRING LEVELS 2 & 3 ONLY (KEVIN)			