



Ultimate Martial Arts

www.teamultimate.ca

Muay Thai Class Schedule

905-565-7326

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 am Muay Thai Alex		10:15 am Muay Thai Alex		10:15 am Muay Thai Karan	10:15 am Kids Alex
12:00 pm Open Mats		12:00 pm Open Mats		12:00 pm Open Mats	11:30 am INT/ADV KIDS Alex
5:00 pm Open Mats	5:00 pm Kids INT Karan	5:00 pm Open Mats	5:00 pm Kids INT Karan	5:30 pm Open Mats	
6:00 pm Technical Karan	6:00 pm Conditioning Aaron	6:00 pm Conditioning Dylan	6:00 pm Conditioning Karan	6:00 pm INTERMEDIATE Karan	
7:00 pm Technical Kyle	7:00 pm ADVANCED Kru Paul	7:00 pm Kids Deondre	7:00 pm ADVANCED Karan	7:00 pm INTERMEDIATE Karan	
8:00 pm Muay Thai Sunveer	8:15 pm Muay Thai David	8:00 pm Muay Thai Gurjot	8:15 pm Muay Thai Deen	8:00 pm Open Mats	

Monday - Thursday: 4:30 pm - 9:30 pm

Friday: 5:30 pm - 8:30 pm

Monday, Wednesday, Friday: 10 am - 1 pm

Saturday: 10 am - 1 pm