

# HAYABUSA-ACADEMY.COM

677 Innovation Drive, Kingston, ON. (613) 484-5455

Timetable Starts: January 1, 2026 - Present

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CLOSED</b>	<b>Open 3:30 PM</b>	<b>Open 11:45 AM</b>	<b>Open 11:45 AM</b>	<b>Open 11:45 AM</b>	<b>Open 3:30 PM</b>	<b>Open 8:45 AM</b>
						9:00 AM - 9:50 AM STRIKE 50 Fitness Kickboxing
		12:00 PM - 1:00 PM No Gi Jiu Jitsu	12:00 PM - 1:00 PM OPEN MAT All Members	12:00 PM - 1:00 PM Brazilian Jiu Jitsu		10:00 AM - 10:50 AM Advanced Kids BJJ
			<b>Closed 1:30 PM</b>			11:00 PM - 12:00 PM OPEN MAT All Members
			<b>Open 3:30 PM</b>			12:10 PM - 1:40 PM Muay Thai
		4:30 PM - 5:20 PM Kids Brazilian Jiu Jitsu (Ages 10-12)	4:30 PM - 5:20 PM Kids Brazilian Jiu Jitsu (Ages 10-12)	4:30 PM - 5:20 PM Kids Brazilian Jiu Jitsu (Ages 7-9)		<b>Closed 1:45 PM</b>
		5:30 PM - 6:20 PM STRIKE 50 Fitness Kickboxing	5:30 PM - 6:15 PM STRIKE 45: PACE Fitness Kickboxing	5:30 PM - 6:20 PM STRIKE 50 Fitness Kickboxing		
		6:30 PM - 7:30 PM Brazilian Jiu Jitsu	6:30 PM - 7:30 PM Muay Thai	6:30 PM - 7:30 PM No Gi Jiu Jitsu		
		7:35 PM - 8:35 PM OPEN MAT All Members	7:35 PM - 8:35 PM Muay Thai Advanced	7:35 PM - 8:35 PM Muay Thai Advanced		
		<b>Closed 9:00 PM</b>	<b>Closed 9:00 PM</b>	<b>Closed 9:00 PM</b>		