

HAYABUSA-ACADEMY.COM

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

Timetable Starts: January 1, 2026 - Present

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED						
		Open 11:45 AM	Open 11:45 AM	Open 11:45 AM		
		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		
			Closed 1:30 PM			
			Open 3:30 PM		Open 3:30 PM	
		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)	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)	4:30 PM - 5:20 PM Kids Muay Thai (Ages 6-12)
		5:30 PM - 6:20 PM STRIKE 50 Fitness Kickboxing	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	5:30 PM - 6:30 PM Muay Thai
		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	6:30 PM - 7:30 PM Muay Thai	6:30 PM - 7:30 PM Brazilian 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 OPEN MAT All Members	7:35 PM - 8:35 PM Muay Thai Advanced	7:35 PM - 8:05 OPEN MAT
		Closed 9:00 PM	Closed 9:00 PM	Closed 9:00 PM	Closed 9:00 PM	Closed 8:30 PM