

HAYABUSA-ACADEMY.COM

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

Timetable Starts: October 1, 2025 - Present

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
CLOSED	Open 3:30 PM	Open 11:45 AM	Open 11:45 AM	Open 11:45 AM	Open 3:30 PM	Open 8:45 AM		
						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		
			Closed 1:30 PM			11:00 PM - 12:00 PM OPEN MAT All Members		
			Open 3:30 PM			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 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)	Closed 1:45 PM
		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 CONDITIONING Pad Work + Cardio	
		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	