HAYABUSA-ACADEMY.COM

677 INNOVATION DRIVE, KINGSTON, ON - 613.484.5455

TIMETABLE STARTS: SEPTEMBER 12, 2022

MONDAY

OPEN 10:45 AM

11:00 AM - 11:50 AM
STRIKE 50

12:00 PM - 1:00 PM
NO GI JIU JITSU

3:30 PM - 4:15 PM
STRIKE 45

4:30 PM - 5:20 PM
KIDS BRAZILIAN JIU JITSU
(AGES 10 - 12)

5:30 PM - 6:20 PM
STRIKE 50

6:30 PM - 7:30 PM
BRAZILIAN JIU JITSU
1&1

7:35 PM - 8:35 PM
BRAZILIAN JIU JITSU
2&1

CLOSED 9:00 PM

TUESDAY

OPEN 11:45 AM

12:00 PM - 1:00 PM
OPEN MAT

4:30 PM - 5:20 PM
KIDS BRAZILIAN JIU JITSU
(AGES 7 - 9)

5:30 PM - 6:20 PM
STRIKE 50

6:30 PM - 7:30 PM
MUAY THAI
1&1

7:35 PM - 8:35 PM
MUAY THAI
2&1

CLOSED 9:00 PM

WEDNESDAY

OPEN 10:45 AM

11:00 AM - 11:50 AM
STRIKE 50

12:00 PM - 1:00 PM
BRAZILIAN JIU JITSU

3:30 PM - 4:15 PM
STRIKE 45

4:30 PM - 5:20 PM
KIDS BRAZILIAN JIU JITSU
(AGES 10 - 12)

5:30 PM - 6:20 PM
STRIKE 50

6:30 PM - 7:30 PM
NO GI JIU JITSU
1&1

7:35 PM - 8:35 PM
NO GI JIU JITSU
2&1

CLOSED 9:00 PM

THURSDAY

OPEN 11:45 AM

12:00 PM - 1:00 PM
OPEN MAT

4:30 PM - 5:20 PM
KIDS BRAZILIAN JIU JITSU
(AGES 7 - 9)

5:30 PM - 6:20 PM
STRIKE 50

6:30 PM - 7:30 PM
MUAY THAI
1&1

7:35 PM - 8:35 PM
MUAY THAI
2&1

CLOSED 9:00 PM

FRIDAY

OPEN 3:30 PM

4:30 PM - 5:20 PM
KIDS MUAY THAI
(AGES 10 - 12)

5:30 PM - 6:20 PM
STRIKE 50

6:30 PM - 8:00 PM
BRAZILIAN JIU JITSU
1&1
30 MINUTE
OPEN ROLL

CLOSED 8:15 PM

SATURDAY

OPEN 8:30 AM

9:00 AM - 9:45 AM
KIDS MUAY THAI
(AGES 7 - 9)

10:00 AM - 10:45 AM
STRIKE 45

10:50 AM - 11:50 AM
OPEN MAT

12:00 PM - 1:30 PM
MUAY THAI
1&1

CLOSED 1:30 PM

SUNDAY

CLOSED