



HAYABUSA-ACADEMY.COM

677 INNOVATION DRIVE, KINGSTON, ON - 613.484.5455

TIMETABLE STARTS: SEPTEMBER 11, 2023

(Kids Judo Starts on Sunday, October 1)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					OPEN 8:30 AM	
					9:00 AM - 9:45 AM KIDS MUAY THAI (AGES 7 - 9)	OPEN 9:15 AM
	OPEN 10:45 AM		OPEN 10:45 AM		10:00 AM - 10:45 AM STRIKE 45: PAGE	9:30 AM - 11:00 AM JUDO (ages 7 - 12)
	11:00 AM - 11:50 AM STRIKE 50: FUSED	OPEN 11:45 AM	11:00 AM - 11:50 AM STRIKE 50: FUSED		10:50 AM - 11:50 AM OPEN MAT	CLOSED 11:15 AM
	12:00 PM - 1:00 PM No GI JIU JITSU	12:00 PM - 1:00 PM OPEN MAT	12:00 PM - 1:00 PM BRAZILIAN JIU JITSU		12:00 PM - 1:30 PM MUAY THAI 101	
OPEN 4:00 PM				OPEN 4:00 PM	CLOSED 1:45 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 10 - 12)		
5:30 PM - 6:20 PM STRIKE 50: PUSH	5:30 PM - 6:15 PM STRIKE 45: PAGE	5:30 PM - 6:20 PM STRIKE 50: FUSED	5:30 PM - 6:15 PM STRIKE 45: PAGE	5:30 PM - 6:20 PM STRIKE 50: PUSH		
6:30 PM - 7:30 PM BRAZILIAN JIU JITSU 101	6:30 PM - 7:30 PM MUAY THAI 101	6:30 PM - 7:30 PM No GI JIU JITSU 101	6:30 PM - 7:30 PM MUAY THAI 101	6:30 PM - 8:00 PM BRAZILIAN JIU JITSU 101		
7:35 PM - 8:35 PM BRAZILIAN JIU JITSU 201	7:35 PM - 8:35 PM MUAY THAI 201	7:35 PM - 8:35 PM No GI JIU JITSU 201	7:35 PM - 8:35 PM MUAY THAI 201	30 MINUTE OPEN ROLL		
CLOSED 9:00 PM	CLOSED 9:00 PM	CLOSED 9:00 PM	CLOSED 9:00 PM	CLOSED 8:15 PM		