

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	
Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Fundamental Jiu-Jitsu 11:00-12:00pm	Saturday Stretching 10:00-11:00am
All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	All Levels Muay Thai 12:00-1:00pm	Open Mat 11:00-1:00pm
Tiny Champions 4:30-5:00pm	Teens Muay Thai 4:00-4:45pm	Teens Muay Thai 4:00-4:45pm	Teens Muay Thai 4:00-4:45pm	Teens Jiu-Jitsu 4:00-4:45pm	Tiny Champions 4:30-5:00pm	Teens Jiu-Jitsu 4:00-4:45pm	Teens Muay Thai 4:00-4:45pm	Teens Jiu-Jitsu 4:00-4:45pm	Tiny Champions 4:30-5:00pm	
Future Champions Class A 5:00-5:45pm	Women's Muay Thai 5:00-5:45pm	Future Champions Class A 5:00-5:45pm	Women's Muay Thai 5:00-5:45pm	Future Champions Class A 5:00-5:45pm	Women's Muay Thai 5:00-5:45pm	Future Champions Class B 5:00-5:45pm	Women's Muay Thai 5:00-5:45pm	Future Champions Class A&B 5:00-5:45pm	Women's Muay Thai 5:00-5:45pm	
Junior Champions Class A 5:00-5:45pm	Junior Champions Class B 5:00-5:45pm	Junior Champions Class A 5:00-5:45pm	Junior Champions Class B 5:00-5:45pm	Junior Champions Class A 5:00-5:45pm	Junior Champions Class A 5:00-5:45pm	Future Champions Class B 5:00-5:45pm	Junior Champions Class A&B 5:00-5:45pm	Junior Champions Class A&B 5:00-5:45pm		
Fundamental Jiu-Jitsu 6:00-7:00pm	Advanced Muay Thai 6:00-7:00pm	Fundamental Jiu-Jitsu 6:00-7:00pm	Advanced Muay Thai 6:00-7:00pm	Fundamental Jiu-Jitsu 6:00-7:00pm	Advanced Muay Thai 6:00-7:00pm	Fundamental Jiu-Jitsu 6:00-7:00pm	Advanced Muay Thai 6:00-7:00pm	Fundamental Jiu-Jitsu 6:00-7:00pm	All Levels Muay Thai 6:00-7:00pm	
Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	Advanced Jiu-Jitsu 6:00-7:00pm	
Fundamental Muay Thai 7:15-8:15pm	Fundamental Muay Thai 7:15-8:15pm	Fundamental Muay Thai 7:15-8:15pm	Fundamental Muay Thai 7:15-8:15pm	Fundamental Muay Thai 7:15-8:15pm	Fundamental Muay Thai 7:15-8:15pm	NoGi Jiu-Jitsu 7:00-8:00pm	Fundamental Muay Thai 7:15-8:15pm	Fundamental Muay Thai 7:15-8:15pm		
For more information email <a href="mailto:info@pttkelowna.com">info@pttkelowna.com</a> or visit <a href="http://pttkelowna.com">pttkelowna.com</a>										
Tiny Champions Ages 3-4	Future Champions Ages 5-7	Junior Champions Ages 8-11	Teens Jiu-Jitsu & Muay Thai Ages 12-15	Fundamental Jiu-Jitsu Ages 16+	Advanced Jiu-Jitsu Ages 16+ Blue Belt +	NoGi Jiu-Jitsu Ages 16+	Women's Muay Thai	Fundamental Muay Thai	Advanced Muay Thai White & Yellow +	