

BARRIE'S LEADER IN MIXED MARTIAL ARTS AND FITNESS



EMPIRE MIXED MARTIAL ARTS & FITNESS
 100 Caplan Ave, Unit S Barrie Ontario L4N-9J2
www.empiremma.ca
 705-728-8885

****SCHEDULE 2019**

Adult Program

Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 am-12 pm						MUAY THAI (11-12:30pm) Gloves/Shin guards
12 pm-1pm	MMA CORE	BJJ GI	THAI KICKBOXING	FIT FACTORY w/ Coach Dave	MMA	OPEN MAT BJJ ON RED MAT SPARRING
6 pm-7pm`	MUAY THAI (6pm – 7:15pm) Gloves/Shin guards	BJJ GI (6pm – 7:15pm)	MUAY THAI (6pm - 7:15pm) Gloves/Shin guards	WRESTLING (6-7pm)	BOXING (6-7pm)	
7pm – 8:45 pm	BJJ GI (7:15pm – 8:45pm)	BOXING (7:15 - 8:45 pm)	BJJ GI (7:15pm – 8:45pm)	1) MUAY THAI (7-8 pm) Full Gear Required 2)Sparring/ThaiBox (8-8:45pm)	NO GI BJJ (7-8pm)	

Youth Program

TIME:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10 AM- 11am						MMA / Muay Thai
5 PM-6PM	BJJ Gi	BOXING	No-Gi / Wrestling	BJJ Gi		

