

TORONTO STRIKING ACADEMY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Boxing 6:45 - 7:45am (Marc)	Yoga 6:45 - 7:30am (Irina)	Boxing 6:45 - 7:45am (Marc)	Yoga 6:45 - 7:30am (Irina)	Boxing 6:45 - 7:45am (Marc)	Yoga 9:30 - 10:15am (Irina)
Private training CLOSED 9:00 - 10:00am						
Youth MMA Age U-12 10:30-11:15am (Neelan)	Muay-Thai 10:30-11:30am (Neelan)	Boxing 10:30-11:30am (Neelan)	Muay-Thai 10:30-11:30am (Neelan)	Boxing 10:30-11:30am (Neelan)	Muay-Thai 10:30-11:30am (Neelan)	FightShape (Bootcamp) 10:30 - 11:15am (Irina)
FightStrength 11:30 - 12:15pm (Santo)						Youth MMA Age U-12 10:30-11:15am (Neelan)
Muay-Thai FUNDAMENTALS 12:15 - 1:15pm (Neelan)	Kettlebells & Conditioning 12:00-12:45pm (Santo)		Kettlebells & Conditioning 12:00-12:45pm (Santo)		Kettlebells & Conditioning 12:00-12:45pm (Santo)	Boxing 11:30 - 12:30pm (Santo)
Private training CLOSED 2:00 - 4:00pm						Muay-Thai 12:30-1:30pm (Neelan)
						Brazilian Jiu Jitsu 12:30 - 2:00pm (Alan)
	Muay-Thai Madness 4:30 - 5:15pm (Neelan)	Boxing Blast 4:30 - 5:15pm (Santo)	Muay-Thai Madness 4:30 - 5:15pm (Neelan)	Boxing Blast 4:30 - 5:15pm (Santo)		
	Youth MMA Striking Age U-12 5:30-6:15pm (Neelan)	FightShape (Bootcamp) 5:30-6:15pm (Irina)	Youth MMA Striking Age U-12 5:30-6:15pm (Neelan)	FightShape (Bootcamp) 5:30-6:15pm (Irina)	Youth MMA Grappling Age U-12 5:30-6:15pm (Neelan)	FightStrength 5:30-6:15pm (Santo)
	Muay-Thai / Boxing (FUNDAMENTALS) 6:30-7:30pm (Neelan)	Yoga 6:30 - 7:15pm (Irina)	Muay-Thai / Boxing (FUNDAMENTALS) 6:30-7:30pm (Neelan)	Yoga 6:30 - 7:15pm (Irina)	Boxing (Fundamentals) 6:30-7:30pm (Santo)	Muay-Thai (Fundamentals) 6:30 -7:30pm (Josh)
						Sparring with coaches 5:45 - 6:15pm
	Boxing / Muay- Thai (All Levels) 7:45 - 8:45pm (Neelan)	Brazilian Jiu Jitsu 7:30 - 8:30pm (Marc)	Boxing (All Levels) 7:45 - 8:45pm (Santo)	Muay-Thai (Fundamentals) 6:30-7:30pm (Neelan)		Muay-Thai 6:30 -7:30pm (Josh)
			SPARRING 7:30 - 8:30 pm	Brazilian Jiu Jitsu 7:30 - 8:30pm (Marc)	Muay-Thai 7:45 - 8:45pm (Peter)	
					Boxing (All Levels) 7:45 - 8:45pm (Santo)	

Effective Jan 4, 2019