



SCORPION

MUAY THAI • BRAZILIAN JIU-JITSU

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00 AM							Private Coaching	
9:00 AM								Private Coaching
10:00 AM							Advanced Taekwondo	
11:00 AM	Private Coaching	Private Coaching	Private Coaching	Private Coaching	Private Coaching	Beginners Kickboxing		
12:00 PM							Beginners Gi Brazilian Jiu Jitsu	
1:00 PM							Mixed Martial Arts	
2:00 PM							Sparring	
3:00 PM								
3:30 PM	*Tots Jiu Jitsu *		*Tots Jiu Jitsu*		*Tots Jiu Jitsu*			
4:00 PM	Kids Brazilian Jiu Jitsu	Kids Brazilian Jiu Jitsu	Kids Kickboxing	Kids Brazilian Jiu Jitsu	Kids Brazilian Jiu Jitsu			
5:00 PM	Beginners Taekwondo	Beginners Taekwondo	Beginners Taekwondo	Beginners Taekwondo	Beginners Taekwondo			
6:00 PM	Cardio Kickboxing	Advanced Taekwondo	Cardio Kickboxing	Advanced Taekwondo	Cardio Kickboxing			
7:00 PM	Beginners / Intermediate Kickboxing	Wrestling	Gi Brazilian Jiu Jitsu	No-Gi Brazilian Jiu Jitsu	Kickboxing All Levels			
8:00 PM	Gi Brazilian Jiu Jitsu	Advanced Muay Thai Kickboxing						
8:30 PM			Beginners Kickboxing	Advanced Muay Thai Kickboxing	No Gi Brazilian Jiu Jitsu			
9:00 PM								
9:30 PM								

Contact Us

Email: Scorpionmmateam@gmail.com

Phone: (604) 341-0044

Website: <http://www.teamscorpionmma.com>