

CARLING ACADEMY

613-728.0880

www.oama.ca



RING ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thai Tech/Cond 7:00 am - 8:00 am	Thai Tech/Cond 7:00 am - 8:00 am	Thai Tech/Cond 7:00 am - 8:00 am	Thai Tech/Cond 7:00 am - 8:00 am		Muay Thai Kids 9:30 am - 10:15 am
					Samurai Kids 10:15 am - 11:00 am
					Kids BJJ Randori 10:15 am - 11:00 am
Thai Tech/Cond 12:00 pm - 1:00 pm	Thai Tech/Cond 12:00 pm - 1:00 pm	Thai Tech/Cond 12:00 pm - 1:00 pm	Thai Tech/Cond 12:00 pm - 1:00 pm	Thai Tech/Cond 12:00 pm - 1:00 pm	Thai Conditioning 11:00 am - 11:45 am
MT/MMA Elite 1:00 pm - 2:00 pm	MT/MMA Elite 1:00 pm - 2:00 pm	MT/MMA Elite 1:00 pm - 2:00 pm	BJJ/MT/MMA Elite 1:00 pm - 2:00 pm	MMA Elite 1:00 pm - 2:00 pm	Thai Advanced 11:45 pm - 12:30 pm
After School Program 2:45 pm - 5:30 pm	After School Program 2:45 pm - 5:30 pm	After School Program 2:45 pm - 5:30 pm	After School Program 2:45 pm - 5:30 pm	After School Program 2:45 pm - 5:30 pm	
Samurai Kids 5:30 pm - 6:15 pm	Samurai Kids 5:30 pm - 6:15 pm	Samurai Kids 5:30 pm - 6:15 pm	Samurai Kids 5:30 pm - 6:15 pm	Samurai Kids 5:30 pm - 6:15 pm	
Thai Conditioning 6:15 pm - 7:00 pm	Thai Technique 6:15 pm - 7:00 pm	Thai Conditioning 6:15 pm - 7:00 pm	Thai Technique 6:15 pm - 7:00 pm	Thai Conditioning 6:15 pm - 7:00 pm	
Thai Technique 7:00 pm - 7:45 pm	Thai Conditioning 7:00 pm - 7:45 pm	Boxing 7:00 pm - 7:45 pm	Thai Conditioning 7:00 pm - 7:45 pm	Thai Advanced 7:00 pm - 7:45 pm	
Thai Advanced 7:45 pm - 8:30 pm	Submission Wrestling 7:45 pm - 8:30 pm	Thai Advanced 7:45 pm - 8:30 pm	Submission Wrestling 7:45 pm - 8:30 pm		
Muay Thai Sparring 8:30 pm - 9:15 pm		Muay Thai Sparring 8:30 pm - 9:15 pm			

UPSTAIRS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Women's Muay Thai 10:15 am - 11:00 am
	BJJ Randori 5:30 pm - 6:15 pm		BJJ Randori 5:30 pm - 7:00 pm		
Women's Muay Thai 5:30 pm - 6:15 pm	Women's BJJ BJJ Purple 6:15 pm - 7:00 pm	Women's Muay Thai 5:30 pm - 6:15 pm	Women's BJJ 6:15 pm - 7:00 pm	Women's Muay Thai 5:30 pm - 6:15 pm	
Muay Thai Kids 6:15 pm - 7:00 pm		Muay Thai Kids 6:15 pm - 7:00 pm			
Kettlebell 7:45 pm - 8:30 pm		Kettlebell 7:45 pm - 8:30 pm			

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**OTTAWA ACADEMY
OF MARTIAL ARTS**

MUAY THAI



GRACIE ROOM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BJJ Blue 7:00 am - 8:00 am	BJJ Blue 7:00 am - 8:00 am	BJJ Blue 7:00 am - 8:00 am	BJJ Blue 7:00 am - 8:00 am	No Gi Technique 7:00 am - 8:00 am	Kids BJJ 9:30 am - 10:15 am
	Homeschool Jiu Jitsu 10:15 am - 11:00 am		Homeschool BJJ 10:15 am - 11:00 am		Tiny Tigers 10:15 am - 11:00 am
	BJJ Purple 11:30 am - 12:15 pm	Homeschool BJJ 11:00 am - 11:45 am	BJJ Purple 11:30 am - 12:15 pm		No Gi Technique 11:00 am - 11:45 am
BJJ Blue 12:00 pm - 1:00 pm	BJJ Blue 12:15 pm - 1:00 pm	BJJ Blue 12:00 pm - 1:00 pm	BJJ Blue 12:15 pm - 1:00 pm	No Gi Technique 12:00 pm - 1:00 pm	BJJ Purple 11:45 am - 12:30 pm
BJJ Elite 1:00 pm - 2:00 pm	BJJ Elite 1:00 pm - 2:00 pm	BJJ Elite 1:00 pm - 2:00 pm	BJJ Elite 1:00 pm - 2:00 pm	BJJ Elite 1:00 pm - 2:00 pm	Randori 12:30 pm - 1:30 pm
					Birthday Parties 1:00 pm - 3:00 pm
Kids BJJ Comp 4.:45 pm - 5:30 pm	Kids BJJ Comp 4.:45 pm - 5:30 pm	Kids BJJ Comp 4.:45 pm - 5:30 pm	Kids BJJ Comp 4.:45 pm - 5:30 pm	Kids BJJ Comp 5:30 pm - 6:15 pm	
Tiny Tigers 5:30 pm - 6:15 pm	Black Belt Club 5:30 pm - 6:15 pm	Tiny Tigers 5:30 pm - 6:15 pm	Black Belt Club 5:30 pm - 6:15 pm	Tiny Tigers 5:30 pm - 6:15 pm	
BJJ Blue 6:15 pm - 7:00 pm	Kids BJJ 6:15 pm - 7:00 pm	Leg Locks 6:15 pm - 6:45 pm	Kids BJJ 6:15 pm - 7:00 pm	Randori 6:15 pm - 7:00 pm	
BJJ Randori 7:00 pm - 8:00 pm	Wrestling 7:00 pm - 7:45 pm	BJJ Blue 6:45 pm - 7:30 pm	Wrestling 7:00 pm - 7:45 pm	No Gi Randori 7:00 pm - 7:45 pm	
BJJ Purple 8:00 pm - 8:45 pm	BJJ Blue 7:45 pm - 8:30 pm	Randori 7:30 pm - 8:30 pm	BJJ Blue 7:45 pm - 8:30 pm	No Gi Technique 7:45 pm - 8:30 pm	
		BJJ Purple 8:30 pm - 9:15 pm			