



2374 Laurier Street, Rockland

613-446-3322 www.oama.ca

Main Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Thai Conditioning 9:30 - 10:15
					Samurai Kids 10:15am - 11:00am
					Adult/Teen BJJ Blue 11:00am - 11:45am
After School Program 2:30pm - 5:00pm	After School Program 2:30pm - 5:00pm	After School Program 2:30pm - 5:00pm	After School Program 2:30pm - 5:00pm	After School Program 2:30pm - 5:00pm	Birthday Parties 2:00pm-4:00pm
Samurai Kids 5:30pm - 6:15pm	Samurai Kids 5:30pm - 6:15pm	Samurai Kids 5:30pm - 6:15pm	Black Belt Club 5:30pm - 6:15pm	Samurai Kids 5:30pm - 6:15pm	
Thai Conditioning 6:15pm - 7:00pm	Thai Technique 6:15pm - 7:00pm	Thai Conditioning 6:15pm - 7:00pm	Thai Conditioning 6:15pm - 7:00pm	Thai Conditioning 6:15pm - 7:00pm	
Thai Technique 7:00pm - 7:45pm	Thai Conditioning 7:00pm - 7:45pm	Boxing 7:00pm - 7:45pm	Thai Technique 7:00pm - 7:45pm	Thai Sparring 7:00pm - 7:45pm	
Thai Sparring 7:45pm - 8:30pm		Thai Sparring 7:45pm - 8:30pm	Adult/Teen No Gi 7:45pm-8:30pm		

Lower Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Youth Group 5:00pm-9:30pm	Competition Team 9:30am - 10:15am
	Kids Muay Thai 5:30pm-6:15pm		Kids Muay Thai 5:30pm-6:15pm		Tiny Tigers 10:15am - 10:45am
Tiny Tigers 5:30pm - 6:00pm	Competition Team 6:15pm-7:00pm	Tiny Tigers 5:30pm - 6:00pm	Competition Team 6:15pm-7:00pm	Tiny Tigers 5:30pm - 6:00pm	Black Belt Club 11:00-11:45am
Adult/Teen BJJ Blue 6:15pm-7:00pm	Randori 7:00pm - 7:45pm	Adult/Teen BJJ Blue 6:15pm-7:00pm	Randori 7:00pm-7:45pm		Randori 11:45am-12:30pm
Randori 7:00pm - 7:45pm	Adult/Teen BJJ Blue 7:45pm - 8:30pm	Randori 7:00pm - 7:45pm			