



2374 Laurier Street, Rockland

613-446-3322 www.oama.ca

Main Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Kids Muay Thai 5:15pm-6:00pm		Kids Muay Thai 5:15pm-6:00pm		
Muay Thai 6:15pm - 7:00pm	Muay Thai 6:15pm - 7:00pm	Muay Thai 6:15pm - 7:00pm	Muay Thai 6:15pm - 7:00pm	Muay Thai 6:15pm - 7:00pm	
Muay Thai 7:15pm - 8:00pm	Muay Thai 7:15pm - 8:00pm	Muay Thai 7:15pm - 8:00pm	Muay Thai 7:15pm - 8:00pm	Muay Thai 7:15pm - 8:00pm	

Upstairs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	
			Black Belt Club 5:30pm - 6:15pm		
Samurai Kids 5:30pm - 6:15pm	Samurai Kids 4:30pm - 5:00pm	Samurai Kids 5:30pm - 6:15pm	Samurai Kids 4:30pm - 5:00pm	Samurai Kids 5:30pm - 6:15pm	
Tiny Tigers 5:30pm - 6:00pm	Tiny Tigers 4:30pm - 5:00pm	Tiny Tigers 5:30pm - 6:00pm	Tiny Tigers 4:30pm - 5:00pm	Tiny Tigers 5:30pm - 6:00pm	
Adult/Teen BJJ Blue 6:15pm-7:00pm	Adult/Teen BJJ Blue 6:15pm-7:00pm	Adult/Teen BJJ Blue 6:15pm-7:00pm	Adult/Teen BJJ Blue 6:15pm-7:00pm		
Randori 7:10pm - 8:00pm	Randori 7:10pm - 8:00pm	Randori 7:10pm - 8:00pm	Randori 7:10pm - 8:00pm		

No Drop in's allowed due to class size restrictions.

Every participant must pre-register for classes on the MyStudio App - Studio code: RAMA