



RING ROOM

starting August 31, 2020

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		
Homeschool Pod * 8:00 am - 11:00 am	Homeschool Pod * 8:00 am - 11:00 am	Homeschool Muay Thai 10:15 am - 11:00 am	Homeschool Pod * 8:00 am - 11:00 am	Homeschool Pod * 8:00 am - 11:00 am	Women's Only MT Muay Thai Kids 10:15 am - 11:00 am
Open Mat ** 8:00 am - 11:00am	Open Mat ** 8:00 am - 11:00am	Open Mat ** 8:00 am - 11:00am	Open Mat ** 8:00 am - 11:00am	Open Mat ** 8:00 am - 11:00am	Thai Conditioning 11:00 am - 11:45 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 Advanced 11:45 pm - 12:30 pm
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	MT/MMA Elite 1:00 pm - 2:00 pm	MMA Elite 1:00 pm - 2:00 pm	Birthday Parties 1:00 pm - 3:00 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	
Women Only MT Muay Thai Kids 5:30 pm - 6:15 pm	Parent & Child Muay Thai 5:30 pm - 6:15 pm	Women Only MT Muay Thai Kids 5:30 pm - 6:15 pm	Parent & Child Muay Thai 5:30 pm - 6:15 pm	Women Only MT Muay Thai Kids 5:30 pm - 6:15 pm	
Thai Conditioning 6:15 pm - 7:00 pm	Thai Conditioning 6:15 pm - 7:00 pm	Thai Conditioning 6:15 pm - 7:00 pm	Thai Conditioning 6:15 pm - 7:00 pm	Thai Conditioning 6:15 pm - 7:00 pm	
Thai Technique 7:00 pm - 7:45 pm	Thai Technique 7:00 pm - 7:45 pm	Boxing 7:00 pm - 7:45 pm	Thai Technique 7:00 pm - 7:45 pm	Thai Advanced 7:00 pm - 7:45 pm	
Muay Thai Advanced / Sparring 7:45 pm - 8:30 pm	Muay Thai Advanced MMA Sparring 7:45 pm - 8:30 pm	Muay Thai Advanced / Sparring 7:45 pm - 8:30 pm	Muay Thai Advanced MMA Sparring 7:45 pm - 8:30 pm	Open Mat** 7:45 pm - 8:30 pm	

UPSTAIRS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BJJ Kids 5:30 pm - 6:15 pm	BJJ Kids 5:30 pm - 6:15 pm	BJJ Kids 5:30 pm - 6:15 pm	BJJ Kids 5:30 pm - 6:15 pm	BJJ Kids 5:30 pm - 6:15 pm	Samurai Kids 10:15 am - 11:00 am
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	Kids BJJ 10:15 am - 11:00 am
BJJ Kids 6:15 pm - 7:00 pm	Women's Only BJJ Kids 6:15 pm - 7:00 pm	BJJ Kids 6:15 pm - 7:00 pm	Women's Only BJJ Kids 6:15 pm - 7:00 pm		
BJJ Purple 7:00 pm - 7:45 pm	No Gi / Wrestling 7:00 pm - 7:45 pm	No Gi / Leg Locks 7:00 pm - 7:45 pm	No Gi / Wrestling 7:00 pm - 7:45 pm	No Gi Technique 7:00 pm - 7:45 pm	
Open Mat** 7:45 - 830pm	Submission Wrestling 7:45 pm - 8:30 pm	Open Mat** 7:45 - 830pm	Submission Wrestling 7:45 pm - 8:30 pm	Open Mat** 7:45 - 830pm	

NOTE: * Homeschool Pod: scheduled time for a social bubble group/family

** Open Mat: scheduled time to train with a family member or social bubble

CARLING ACADEMY

613-728.0880

www.oama.ca



**OTTAWA ACADEMY
OF MARTIAL ARTS**



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	No Gi 7:00 am - 8:00 am	
Homeschool Pod * 8:00 am - 11:00 am	Homeschool BJJ 10:15 am - 11:00 am	Homeschool Pod * 8:00 am - 11:00 am	Homeschool BJJ 10:15 am - 11:00 am	Homeschool Pod * 8:00 am - 11:00 am	Tiny Tigers 10:15 am - 11:00 am
	BJJ Purple 11:30 am - 12:15 pm		BJJ Purple 11:30 am - 12:15 pm		No Gi 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	Open Mat 12:30 pm - 2:30 pm
Leadership LIT 2:45 pm - 4:45 pm	Leadership LIT 2:45 pm - 4:45 pm	Leadership LIT 2:45 pm - 4:45 pm	Leadership LIT 2:45 pm - 4:45 pm	Leadership LIT 2:45 pm - 4:45 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	BJJ Blue 6:15 pm - 7:00 pm	BJJ Blue 6:15 pm - 7:00 pm	BJJ Blue 6:15 pm - 7:00 pm	BJJ Blue 6:15 pm - 7:00 pm	
BJJ Purple 7:00pm - 7:45pm	BJJ Purple 7:00pm - 7:45pm	BJJ Purple 7:00pm - 7:45pm	BJJ Purple 7:00pm - 7:45pm	BJJ Purple 7:00pm - 7:45pm	
Open Mat** 7:45 - 830pm	Open Mat** 7:45 - 830pm	Open Mat** 7:45 - 830pm	Open Mat** 7:45 - 830pm	Open Mat** 7:45 - 830pm	

NOTE: * Homeschool Pod: scheduled time for a social bubble group/family

** Open Mat: scheduled time to train with a family member or social bubble