



2374 Laurier Street, Rockland

613-446-3322 www.oama.ca

### Main Floor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Youth Muay Thai 5:15pm-6:00pm		Youth Muay Thai 5:15pm-6:00pm		Youth Muay Thai 9:15am-10:00am
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 10:15am-11:00am
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	
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	
Tiny Tigers 5:30pm - 6:15pm		Tiny Tigers 5:30pm - 6:15pm		Tiny Tigers 5:30pm - 6:15pm	
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		
BJJ Comp Team 7:10pm - 8:00pm	BJJ Comp Team 7:10pm - 8:00pm	BJJ Comp Team 7:10pm - 8:00pm	BJJ Comp Team 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**