



RING ROOM

starting July 19, 2021

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 Open Mat ** 8:00 am - 11:00am	Muay Thai Open Mat ** 8:00 am - 11:00am	Muay Thai Open Mat ** 8:00 am - 11:00am	Muay Thai Open Mat ** 8:00 am - 11:00am	Muay Thai Open Mat ** 8:00 am - 11:00am	Muay Thai Parents Muay Thai Kids 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	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
					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	
Muay Thai Parents Muay Thai Kids 5:30 pm - 6:15 pm	Muay Thai Kids 5:30 pm - 6:15 pm	Muay Thai Parents Muay Thai Kids 5:30 pm - 6:15 pm	Muay Thai Kids 5:30 pm - 6:15 pm	Muay Thai Parents 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	Muay Thai Open Mat 7:45 pm - 8:30 pm	

UPSTAIRS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tigers 4:30 pm - 5:15pm	Tiny Tigers 4:30 pm - 5:15pm	Tiny Tigers 4:30 pm - 5:15pm	Tiny Tigers 4:30 pm - 5:15pm		Tiny Tigers 10:15 am - 11:00 am
Tiny Tigers 5:30 pm - 6:15 pm	Women's Only Muay Thai 5:30 pm - 6:15 pm	Tiny Tigers 5:30 pm - 6:15 pm	Women's Only Muay Thai 5:30 pm - 6:15 pm	Tiny Tigers 5:30 pm - 6:15 pm	No Gi Technique 11:00 am - 11:45 am
	Women's Only BJJ 6:15 pm - 7:00 pm		Women's Only BJJ 6:15 pm - 7:00 pm		Purple 11:45 am - 12:30 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	No Gi Open Mat 12:30 pm - 1:30 pm
No Gi Open Mat 7:45 - 830pm	No Gi Open Mat 7:45 - 830pm	No Gi Open Mat 7:45 - 830pm	No Gi Open Mat 7:45 - 830pm	No Gi Open Mat 7:45 - 830pm	

** Open Mat: scheduled time to train with a family member or social bubble (Gi/No Gi/Submission Wrestling)

CARLING ACADEMY

613-728.0880

www.oama.ca



GRACIE ROOM		starting July 19, 2021				
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	Kids BJJ/Comp 10:15 am - 11:00 am	
	Homeschool BJJ * 10:15 am - 11:00 am		Homeschool BJJ * 10:15 am - 11:00 am		Kids BJJ Randori 11:00 am - 11:45 am	
	BJJ Purple 11:30 am - 12:15 pm		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	Gi Open Mat 12:30 pm - 1:30 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		
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		Birthday Parties 1:00 pm - 3:00 pm	
Kids BJJ 5:30 pm - 6:15 pm	Kids BJJ 5:30 pm - 6:15 pm	Kids BJJ 5:30 pm - 6:15 pm	Kids BJJ 5:30 pm - 6:15 pm	Kids BJJ/Comp 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		
Gi Open Mat 7:45 - 830pm	Gi Open Mat 7:45 - 830pm	Gi Open Mat 7:45 - 830pm	Gi Open Mat 7:45 - 830pm	Gi Open Mat 7:45 - 830pm		

* Homeschool BJJ (starting the week of Sept 14th)

** Open Mat: scheduled time to train with a family member or social bubble (Gi/No Gi/Submission Wrestling)