

BRAESIDE TRAINING SCHEDULE

11440 Braeside Drive SW

Mon	Tues	Wed	Thurs	Fri	Sat
				OFF	Adult Muay Thai 10-11am
				please join us at Shepard or Flint	All Levels Sparring 11-12pm
	Youth (7-9) Muay Thai 4:30-5:15pm	Kids (4-6) Muay Thai 4:30-5:15pm			
Teen (10-14) Muay Thai 5:30-6:15pm	Teen (10-14) Muay Thai 5:30-6:15pm	Teen (10-14) Muay Thai 5:30-6:15pm	Teen (10-14) Muay Thai & Sparring 5:30-6:15pm		
Adult Muay Thai 6:30-7:30pm	Adult Muay Thai 6:30-7:30pm	Adult Muay Thai Fundamentals 6:30-8pm	Adult Muay Thai 6:30-7:30pm		
	All Levels Sparring 7:30-8:30pm				



**ELITE
MARTIAL ARTS**

CALGARY • CANADA

Phone: 587-225-0337
email: calgarymartialarts@gmail.com
web: www.calgarymartialarts.com
@calgaryelite

SHEPARD TRAINING SCHEDULE

4750 106 Ave SE Calgary

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Adult BJJ 5:30-6:30am					Teens (10-14) Muay Thai 9-9:45 am	
					Kids (4-6) Muay Thai 10-10:45am	Kids (4-6) Muay Thai 10-10:45am
					Youth (7-9) Muay Thai 11-11:45am	Youth (7-9) Muay Thai 11-11:45am
	Adult Muay Thai 12-1pm		Adult Muay Thai 12-1pm		Adult Muay Thai 12-1pm	Adult Muay Thai 12-1pm
						All Levels Sparring 1pm-2pm
Teens (10-14) Muay Thai 5:30-6:15pm	Kids (4-6) Muay Thai 5:30-6:15pm	Teens (10-14) Muay Thai & Sparring 5:30-6:15pm	Youth (7-9) Muay Thai 5:30-6:15pm	Youth (7-9) Muay Thai 5:30-6:15pm		Youth (5-9) Sparring 1:30-2:30pm
Adult Muay Thai 6:45-8pm	Adult Muay Thai 6:45-8pm	Adult Muay Thai 6:45-8pm	Adult Muay Thai 6:45-8pm	Adult Muay Thai Fundamentals 6:45-8pm		



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FLINT (E3) TRAINING SCHEDULE

7335 Flint Road SE

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
					Adult Kettlebells 9-10am	BJJ Free Roll 9-10am
Adult Muay Thai 12-1pm		Adult Muay Thai 12-1pm			Adult Muay Thai 10-11am	Boxing Sparring 10-1pm
Kids (5-8) BJJ 4-5pm		Kids (5-8) BJJ 4-5pm			BJJ Free Roll 11am-12pm	
Youth (9-14) BJJ 5-6PM		Youth (9-14) BJJ 5-6PM				
Teen (10-14) Muay Thai 5:30-6:15pm	Adult Kettlebells 5:30-6:30pm	Teen (10-14) Muay Thai 5:30-6:15pm	Adult Kettlebells 5:30-6:30pm			
Adult Muay Thai 6:30-7:30pm	Adult Muay Thai 6:30-7:30pm	Adult Muay Thai 6:30-7:30pm	Adult Muay Thai 6:30-7:30pm	All Levels Sparring 6:30-7:30pm		
Boxing 8-10pm		Boxing 8-10pm		Boxing 8-10pm		
BJJ Gi 6-8pm	BJJ No Gi 6-7:30pm	BJJ Gi 6-8pm	BJJ No Gi 6-7:30pm	BJJ Gi 6-8pm		
MMA Wrestling 8-9pm	BJJ Gi 7:30-9pm	BJJ No Gi 8-9pm	BJJ Gi 7:30-9pm			



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