

## Modern Vision Mixed Martial Arts & Fitness Ltd.

800 Niagara St. Welland Unit KK1 (Seaway Mall: Next to Cineplex Odeon), 289.820.8207 [www.modernvisionmma.com](http://www.modernvisionmma.com)

# Little Ninjas / Kids - 17 classes / week

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-10:45am						Kids Competition Team
						All Ages Ninjas
11am-11:45pm						All Ages Kids Sport Jiu-Jitsu
5:00-5:30pm	4 - 5 Ninjas	6 - 7 Ninjas	4 - 5 Ninjas	6 - 7 Ninjas		
5:30-6:15pm	11 - 13 Kickboxing	8 - 10 Kickboxing	11 - 13 Jiu Jitsu	8 - 10 Jiu Jitsu	All Ages Kids JJ	
6:15-7pm	11 - 13 Jiu Jitsu	8 - 10 Jiu Jitsu	11 - 13 Kickboxing	8 - 10 Kickboxing	All Ages Kids Sport Jiu Jitsu	

**Jiu Jitsu:** combined study of takedown, grappling and self defense techniques

**Kickboxing:** Cardio oriented workout using kickboxing techniques

**Competition Team:** Stand up grappling / BJJ for junior and youth competitive

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» students