



Modern Vision Mixed Martial Arts & Fitness

Class schedule at **800 Niagara Street** (located in the Seaway Mall next to Cineplex Odeon)

Effective October 3rd, 2011

The Next Generation of Martial Arts and Fitness - From Kids to Cage Fighters

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30am Street/Rec Jiu Jitsu Gi Open Training	11am Cardio Kickboxing All Levels Fitness	11am - 2pm Private Lessons Available	6:30-7:30am Thai Kickboxing (Low Kick / K1) Open Training	2pm-3pm Thai Kickboxing (Low Kick / K1) 3pm Open Training Light Sparring	11am Cardio Kickboxing All Levels Fitness	1pm Thai Kickboxing (Low Kick /K1 Focus) 2pm Open Training Light Sparring
2pm - 3pm Thai Kickboxing (Low Kick / K1) 3pm Open Training Light Sparring	12pm-1pm Open Training Light Sparring 1-2:30pm Team Ascension Gi Brazilian Jiu Jitsu	2pm-3pm No Gi BJJ (rashguard/short) 3pm Open Training Light Sparring	11:30am-1:00pm Thai Kickboxing (K1 Focus) 1pm Open Training Light Sparring	7pm Weight Circuit Experience suggested	12pm Street / Rec Gi Jiu Jitsu	
5:30pm Core Circuit	5:30pm Weight Circuit	5:30pm Cardio Kickboxing	5:30pm Weight Circuit	7pm Street/Rec JJ Stick / Knife Light Sparring	1pm Thai Kickboxing Light Sparring	
6:15pm Cardio Kickboxing	6:15pm Boxing Circuit	6:15pm Core Circuit	6:15pm Boxing Circuit			
7-8:30PM Thai Kickboxing (Low Kick / K1) 8pm Light sparring	7-8:30PM Street / Rec Gi Jiu Jitsu 8pm Light sparring	7pm-8:30m Thai Kickboxing (Low Kick / K1) 8pm Light sparring	7-8:30pm No-Gi Street JJ (rashguard/short) 8pm Light sparring	8pm-9pm No Gi BJJ (rashguard/short)		
8:30-10pm MMA Conditioning	8:30-10PM Gi BJJ Begginers Mat 1 Advanced Mat 2	8:30-10pm MMA 3mths Experience Suggested	8:30-10pm Gi BJJ Begginers Mat 1 Advanced Mat 2			

Club Hours:

Monday	9am to 10pm
Tuesday	11am to 10pm
Wednesday	9am to 10pm
Thursday	11am to 10pm
Friday	11am to 9pm
Saturday	10am to 3pm
Sunday	1pm to 4pm

Club is open for use as listed

Now with 3

Locations in Welland!

www.modernvisionmma.com

800 Niagara Street (located in the Seaway Mall)

289-820-8207

601 Southworth Street (at the corner of McCabe)

905-321-6264

486 Grantham Avenue (located in the Linwell Plaza)