



# Modern Vision Mixed Martial Arts & Fitness

Kids Programs schedule - Little Ninjas, Kids Kickboxing/Jiu Jitsu and Youth kickboxing/Jiu Jitsu

**Effective June 12th, 2011**

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

Kids ages 3 to 13 Class schedule at **800 Niagara Street** (located in the Seaway Mall next to Cineplex Odeon)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5pm - 5:30pm Little Ninjas Ages 3 to 5 years	5pm - 5:30pm Little Ninjas Ages 6 and 7 years	5pm - 5:30pm Little Ninjas Ages 3 to 5 years	5pm - 5:30pm Little Ninjas Ages 6 and 7 years	5:30-6:15pm Ages 8-13 years Jiu Jitsu	10am - 10:30am Little Ninjas All Ages
5:30-6:15pm Youth 11 to 13 years Kickboxing	5:30-6:15pm Kids 8-10 years Kickboxing	5:30-6:15pm Youth 11 to 13 years Jiu Jitsu	5:30-6:15pm Kids 8-10 years Jiu Jitsu	6:15pm to 7pm Ages 8-13 years MMA	10:30am-11am Little Ninjas Grappling
6:15pm to 7pm Youth 11 to 13 years Jiu Jitsu	6:15pm to 7pm Kids 8-10 years Jiu Jitsu	6:15pm to 7pm Youth 11 to 13 years Kickboxing	6:15pm to 7pm Kids 8-10 years Kickboxing		

Kids Ages 3 to 13 Class schedule at **601 Southworth Street** (located at the corner of McCabe street)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5pm - 6pm Ages 8 to 13 years Jiu Jitsu/Kickboxing	5pm - 5:30pm Little Ninjas All Ages	5pm - 6pm Ages 8 to 13 years Jiu Jitsu/Kickboxing	5pm - 5:30pm Little Ninjas All Ages	6pm to 7:30pm Family Class Parents and Children	10am-11am Ages 8-13 years Competition Jiu Jitsu
					11am-12pm Ages 8-13 years MMA

**Remember:**

- Little Ninjas Club Membership includes classes at 1 location
- Kids/Youth Single Club Membership includes access to 1 location
- Kids/Youth Competition Club Membership includes access to both

\*\*Equipment must be clean and safe to use  
\*\*Bring all equipment to all classes and be ready for class

**Now with 2  
Locations in Welland!**

800 Niagara Street (located in the Seaway Mall)

601 Southworth Street (at the corner of McCabe)