



Modern Vision Mixed Martial Arts & Fitness Kids Schedule **Effective Oct 3rd, 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 3-5 yrs	5pm-5:30pm Little Ninjas 6-7 yrs	5pm-5:30pm Little Ninjas 3-5 yrs	5pm-5:30pm Little Ninjas 6-7 yrs	5:30pm - 6:15pm Kids/Youth Ages 8-13 Jiu Jitsu	10am - 10:30am Little Ninjas Ages 3-7
5:30pm-6:15pm Youth Ages 11-13 Kickboxing	5:30pm-6:15pm Kids Ages 8-10 Kickboxing	5:30pm-6:15pm Youth Ages 11-13 Jiu Jitsu	5:30pm-6:15pm Kids Ages 8-10 Jiu Jitsu		6:15pm-7pm Kids/Youth Ages 8-13 MMA
6:15pm-7pm Youth Ages 11-13 Jiu Jitsu	6:15pm-7pm Kids Ages 8-10 Jiu Jitsu	6:15pm-7pm Youth Ages 11-13 Kickboxing	6:15pm-7pm Kids Ages 8-10 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
5-5:30pm <i>Now Forming</i> Little Ninjas	5pm-5:30pm Little Ninjas Ages 3-7	5-5:30pm <i>Now Forming</i> Little Ninjas	5pm-5:30pm Little Ninjas Ages 3-7	<i>Now forming</i> Kids Cross Club Training	10am-11am Kids/youth 8-13 Competition Team
5pm-6pm Kids 8-10 years Jiu Jitsu/Kickboxing	5:30 - 6:30pm Kids 11-13 years Jiu Jits/Kickboxing	5pm-6pm Kids 8-10 years Jiu Jitsu/Kickboxing	5:30 - 6:30pm Kids 11-13 years Jiu Jits/Kickboxing	6pm - 7pm Family Class	11am-12pm Kids/youth 8-13 MMA Sparring

Kids Ages 3 to 13 Class schedule at **486 Grantham Ave** (located in the Linwell plaza, St Catharines)

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
4:30-5:30pm Kids Thai Boxing	4:30-5:30pm Kids Thai Boxing	4:30-5:30pm Kids Thai Boxing	4:30-5:30pm Kids Thai Boxing	5-5:30pm Little Ninjas 3-7 yrs	2-3pm Kids Thai Boxing
5-5:30pm Little Ninjas 3-7 yrs	<i>Now Forming</i> Kids age specific	5-5:30pm Little Ninjas 3-7 yrs	<i>Now Forming</i> Kids age specific	5:30-6:15pm Kids 8-13 years	
5:30-6:30pm Kids 8-13 years Jiu Jitsu	<i>Jiu Jitsu</i>	5:30-6:30pm Kids 8-13 years Jiu Jitsu	<i>Jiu Jitsu</i>	Jiu Jitsu 6:15-7pm Kids MMA	

800 Niagara Street (located in the Seaway Mall)

289-820-8207

Now with 3 locations in Niagara

601 Southworth Street (at the corner of McCabe)

905-321-6264

www.modernvisionmma.com

486 Grantham Avenue (in the Linwell Plaza, St. Catharines)