

**Modern Vision
Family Fitness**

Seaway Mall
800 Niagara Street
Welland, Ontario
L3C 5Z4



289-820-8207

Website

modernvisionmma.com

Find us on

Facebook.com/
modernvisionmma



Women's
Aerobics



Ages 3-5
and 6&7



8-10
and 11-14



Cardio
Kickboxing



Muay Thai



Brazilian
Jiu Jitsu



MMA

| | MONDAY | | | TUESDAY | | | WEDNESDAY | | | THURSDAY | | | FRIDAY | | |
|------|---------------------|---------------------------|-------------------------|--------------------------|---------------------------|------------------------------------|---------------------|--------------------|-------------------------------|---------------------|-------------|---------------------------------|-----------|---------------------------|----------------------------|
| | Blue Mats | Yellow Mats | Bag Area | Blue Mats | Yellow Mats | Bag Area | Blue Mats | Yellow Mats | Bag Area | Blue Mats | Yellow Mats | Bag Area | Blue Mats | Yellow Mats | Bag Area |
| 6am | | | Aerobics | BJJ Gi 6-7am | | Weights | | | Aerobics | BJJ Gi 6-7am | | Weights | | | |
| 9am | | | Aerobics | | | Senior 9-10am | | | Aerobics | | | | | | Body Toning |
| 10am | | | Weights | | | | | | Weights | | | | | | High intensity Body Toning |
| 11am | | | Cardio Kick 11-12pm | | | Cardio Kick 11-12pm | | | | | | | | | |
| 12pm | | | | | | | | | | | | | | | |
| 1pm | | | | | | | | | | | | | | | |
| 2pm | | | Muay Thai 2-3pm | | | BJJ Gi 1-2:30pm | | | BJJ No Gi 2-3pm | | | | | | Muay Thai 2-3pm |
| 3pm | | | | | | | | | | | | | | | |
| 4pm | | | | | | | | | | | | | | | |
| 5pm | | 3-5 yrs old Little Ninjas | | | 6-7 yrs old Little Ninjas | | | | 3-5 yrs old Little Ninjas | | | | | 6-7 yrs old Little Ninjas | |
| 6pm | 11-13 yrs Jiu Jitsu | | Cardio Kick 5:30-6:30pm | 8-10 yrs Jiu Jitsu | | Cardio Kick 5:30-6:30pm | 11-13 yrs Jiu Jitsu | | Cardio Kick 5:30-6:30pm | 8-10 yrs Jiu Jitsu | | Cardio Kick 5:30-6:30pm | | | 8-13 yrs Jiu Jitsu |
| | 11-13 Thai | | | 8-10 Thai | | | 11-13 Thai | | | 8-10 Thai | | | | | 8-13 yrs Sparring |
| | | Muay Thai Adult 6:30-8pm | | 11-13 Thai 6:30-7pm | | Beginner Jiu Jitsu Adult 6:30-8:00 | | 8-10 Thai 6:30-7pm | | 11-13 Thai 6:30-7pm | | No Gi Jiu Jitsu Adult 6:30-8:00 | | 8-10 Thai 6:30-7pm | No Gi BJJ Adult 7-8pm |
| 7pm | BJJ Workshop 7-8pm | | | | | | BJJ Workshop | | Muay Thai Adult 6:30pm-8:00pm | | | | | | |
| 8pm | | MMA Conditioning 8-9:30pm | | Advanced BJJ 8:00-9:00pm | | Advanced BJJ 8:00-9:00pm | | | MMA Sparring 8-9:30pm | | | Gi BJJ All Levels 8-9pm | | Gi BJJ All Levels 8-9pm | |
| 9pm | | | | Jiu Jitsu Open mat | | Jiu Jitsu Open mat | | | | | | Jiu Jitsu Open mat | | Jiu Jitsu Open mat | |

| | SATURDAY | | | SUNDAY | | |
|------|-------------------------------------|---------------------|----------|--------------------|---|-----------------|
| | Blue Mats | Yellow mats | Bag Area | Blue Mats | Yellow Mats | Bag Area |
| 9am | 3-7 yrs old 9-9:30am | | | | | |
| 10am | 5-15 years old Kids BJJ Competitive | | | | | |
| 11am | Kids Sparring Competitive | | | | | |
| 12pm | | Muay Thai 12-1:30pm | | | | |
| 1pm | | | | | BJJ Open Mat 1-4pm **All BJJ Clubs Welcome** | Muay Thai 1-2pm |
| 2pm | MMA Camp 1:30-3:00 | | | Beginner MMA 2-3pm | | |
| 3pm | All Levels Gi BJJ 3-4pm | | | | | |
| 4pm | | | | | | |
| 5pm | | | | | | |

Important information regarding Multi Use Area

- Scan Cards must be used to access the multi use area outside of class times.
- No shoes can be worn on the mats.
- Gloves/wraps MUST be worn to hit heavy bags.
- Parents with valid memberships are permitted in the multi-use area when classes not taking place to supervise their children.
- Only Program Clients or clients with an upgrade fee in place can access the multi use area
- no equipment is to be removed from the area

Business Hours:

- Monday 10am to 9pm
- Tuesday 10am to 9pm
- Wednesday 10am to 9pm
- Thursday 10am to 9pm
- Friday 10am to 9pm
- Saturday 9:30am to 5:30pm
- Sunday 11am to 5pm

Holiday Hours:

No Staff on Statutory
Holidays or long weekends