

Training Timetable

Kids Classes

MONDAY/WEDNESDAY/FRIDAY - 10:30AM - 11:30AM / 5PM-6:30PM

TUESDAY/THURSDAY - 5PM-6PM

Adults Classes

MONDAY/WEDNESDAY/FRIDAY - 12PM - 1:30PM / 6:45PM - 8:15PM

TUESDAY/THURSDAY OPEN MAT- 6PM - 8PM (MEMBERS ONLY)

SATURDAY COMPETITION CLASS - 6-8PM

ROSEMONTONTARIO



SUBMISSION
GRAPPLING