



## Fall 2016 Schedule

### Kickboxing Classes

<b>Basics</b> (Instructional/Drills) (Levels 1 & 2)	Tuesday 6:00pm Thursday 6:00pm Saturday 12:30pm
<b>KB Conditioning</b> (Drills/Conditioning) (All Levels)	Monday 6:30pm Tuesday 6:45pm Wednesday 6:30pm Thursday 6:45pm Saturday 1:15pm

### Kenpo Karate Classes

<b>Kids (ages 5-7):</b>	Monday 5:30pm Wednesday 5:30pm
<b>Youth (8-11):</b>	Monday 6:30pm Wednesday 6:30pm
<b>Adults (12+):</b>	Monday 7:30pm Wednesday 7:30pm Friday 6:00pm

### Krav Maga

<b>Beginner's Krav Maga</b>	Tuesday 7:30pm Thursday 7:30pm Saturday 11:00am
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### Brazilian Jiu-jitsu Classes

<b>Beginner Instructional:</b> (Instructional - Co-Ed)	Monday 6:30pm Wednesday 6:30pm Saturday 11:00am
<b>Kids &amp; Youth Instructional:</b> (ages 5 - 12)	Monday 5:30pm Saturday 10:00am
<b>Randori:</b> (Supervised - Co-Ed)	Monday 7:30pm Wednesday 7:30pm Saturday 12:00pm
<b>Open Mat / No Gi:</b>	Wednesday 5:30pm Friday 5:30pm Friday 6:30pm Saturday 1:00pm
<i>*Note: Open Mat/No Gi is only available for students with monthly memberships*</i>	
<b>Noon Hour Classes</b>	Tuesday 12:00pm Thursday 12:00pm

### Fitness Kickboxing Classes (Women Only)

<b>Fierce Fitness Kickboxing:</b>	Monday 7:30pm Tuesday 7:30pm Wednesday 7:30pm Thursday 6:00pm Saturday 11:30am
<b>Morning Classes</b>	Monday 9:30am Wednesday 9:30am Friday 9:30am

**\*We are CLOSED on Sundays & Statutory Holidays\***

Personal training, workshops, seminars, and courses are available, contact us @306.260.5711

Check out our website: [www.momentummartialarts.ca](http://www.momentummartialarts.ca)



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Momentum Martial Arts (Saskatoon)  
Momentum Health & Fitness



**... and on TWITTER!**  
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