



2024 SCHEDULE NORTH YORK

EFFECTIVE MARCH 01, 2024

www.actionreactionmma.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am	7:00am - 8:00am		
BJJ ALL LEVELS	BJJ ALL LEVELS	BJJ ALL LEVELS	BJJ ALL LEVELS	SUBMISSION GRAPPLING - NOGI		
7:00am - 9:00pm	7:00am - 9:00pm	7:00am - 9:00pm	7:00am - 9:00pm	7:00am - 9:00pm	10:00am - 3:30pm	11:00am - 3:30pm
PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)
9:30am - 11:30am	9:30am - 11:30am	9:30am - 11:30am	9:30am - 11:30am	9:30am - 11:30am	11:00am - 12:00pm	11:00am - 1:00pm
CICERO COSTHA PRO TRAINING	CICERO COSTHA PRO TRAINING	CICERO COSTHA PRO TRAINING	CICERO COSTHA PRO TRAINING	CICERO COSTHA PRO TRAINING	BJJ WOMEN'S ONLY	JUDO ALL LEVELS
12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:00pm - 1:00pm	12:30pm - 2:00pm	
BJJ ALL LEVELS	BJJ ALL LEVELS	BJJ ALL LEVELS	BJJ ALL LEVELS	SUBMISSION GRAPPLING - NOGI	BJJ ALL LEVELS	
	12:00pm - 1:00pm		12:00pm - 1:00pm		1:30pm - 2:30pm	
	KICK-BOXING ALL LEVELS		KICK-BOXING ALL LEVELS		KICK-BOXING ALL LEVELS	
6:30pm - 8:00pm	5:00pm - 6:00pm	6:30pm - 7:30pm		6:30pm - 7:30pm	2:30pm - 3:30pm	
WRESTLING	BJJ WOMEN'S ONLY	JUDO ALL LEVELS		JUDO ALL LEVELS	MMA	
7:00pm - 8:00pm	6:00pm - 7:00pm	7:00pm - 8:00pm		7:00pm - 8:00pm		
KICK-BOXING BASICS	KICK-BOXING BASICS	WRESTLING		BJJ ADVANCED DRILL CLASS		
7:30pm - 9:00pm	7:00pm - 8:00pm	7:30pm - 8:30pm	7:00pm - 8:00pm	7:00pm - 8:00pm		
SUBMISSION GRAPPLING - NOGI	KICK-BOXING INTERMEDIATE	KICK-BOXING BASICS	KICK-BOXING ALL LEVELS	KICK-BOXING INTERMEDIATE		
8:00pm - 9:00pm	7:30pm - 9:00pm	7:30pm - 9:00pm	7:30pm - 9:00pm	7:30pm - 9:00pm		
KICK-BOXING INTERMEDIATE	BJJ ADVANCED	SUBMISSION GRAPPLING - NOGI	BJJ ADVANCED	SUBMISSION GRAPPLING - NOGI		
8:00pm - 9:00pm	8:00pm - 9:00pm	8:00pm - 9:00pm	8:00pm - 9:00pm	8:00pm - 9:00pm		
BJJ BASICS	MMA	BJJ BASICS	MMA	BJJ BASICS		

TEL : (416) 494 - 8787

CICERO COSTHA PRO TRAINING - Only academies affiliated or by invitation

* Action & Reaction MMA reserves the right to alter the days, hours of operation and classes if deemed necessary.

* Private Training Available, please inquire at reception

* Judo Sundays: Every last Sunday of the month, the class starts at 4 pm