



## 2024 SCHEDULE PICKERING

EFFECTIVE FEBRUARY 01, 2024

[www.actionreactionmma.com](http://www.actionreactionmma.com)

| MONDAY                                    | TUESDAY                                   | WEDNESDAY                                 | THURSDAY                                  | FRIDAY                                    | SATURDAY                                  | SUNDAY |
|---|---|---|---|---|---|--------|
| 6:00AM-9:00PM                             | 6:00AM-9:00PM                             | 6:00AM-9:00PM                             | 6:00AM-9:00PM                             | 6:00AM-9:00PM                             | 6:00AM-9:00PM                             |        |
| PRIVATE CLASSES<br>(inquire at reception) | PRIVATE CLASSES<br>(inquire at reception) | PRIVATE CLASSES<br>(inquire at reception) | PRIVATE CLASSES<br>(inquire at reception) | PRIVATE CLASSES<br>(inquire at reception) | PRIVATE CLASSES<br>(inquire at reception) |        |
|   |   |   |   |   | 10:30am - 11:00am                         |        |
|   |   |   |   |   | KIDS BJJ Basics (6-15 yrs)                |        |
| 12:00pm - 1:00pm                          |   | 12:00pm - 1:00pm                          |   | 12:00pm - 1:00pm                          | 11:00am - 12:00pm                         |        |
| BJJ ALL LEVELS                            |   | BJJ ALL LEVELS                            |   | SUBMISSION GRAPPLING - NOGI               | YOUTH BJJ (6-11yrs)                       |        |
| 5:00pm - 5:30pm                           |   |   |   |   | 11:00am - 12:00pm                         |        |
| KIDS BJJ (3-5 yrs)                        |   |   |   |   | TEEN BJJ (12-15yrs)                       |        |
| 5:30pm - 6:15pm                           |   | 5:00pm - 5:30pm                           |   | 5:00pm - 5:30pm                           | 12:00pm - 1:00pm                          |        |
| YOUTH BJJ (6-11yrs)                       |   | KIDS BJJ (3-5 yrs)                        |   | KIDS BJJ (3-5 yrs)                        | KIDS MUAY THAI                            |        |
| 5:30pm - 6:30pm                           | 5:30pm - 6:30pm                           | 5:30pm - 6:15pm                           | 5:30pm - 6:30pm                           | 5:30pm - 6:15pm                           | 1:00pm - 2:00pm                           |        |
| BOOTCAMP<br>(Strength & Conditioning)     | KIDS WRESTLING                            | YOUTH BJJ (6-11yrs)                       | KIDS WRESTLING                            | YOUTH BJJ (6-11yrs)                       | MUAY THAI                                 |        |
| 6:15pm - 7:00pm                           | 6:30pm - 8:00pm                           | 5:30pm - 6:30pm                           | 6:30pm - 8:00pm                           | 5:30pm - 6:30pm                           | 2:00pm - 3:30pm                           |        |
| TEEN BJJ (12-15yrs)                       | ADULT WRESTLING                           | BOOTCAMP<br>(Strength & Conditioning)     | ADULT WRESTLING                           | BOOTCAMP<br>(Strength & Conditioning)     | BJJ ALL LEVELS                            |        |
| 6:15pm - 7:00pm                           | 7:30pm - 8:30pm                           | 6:15pm - 7:00pm                           | 7:30pm - 8:30pm                           | 6:15pm - 7:00pm                           |   |        |
| BJJ WOMEN'S ONLY                          | BJJ ALL LEVELS                            | TEEN BJJ (12-15yrs)                       | BJJ ALL LEVELS                            | TEEN BJJ (12-15yrs)                       |   |        |
| 7:00pm - 8:30pm                           | 8:30pm - 9:30pm                           | 7:00pm - 8:30pm                           | 8:30pm - 9:30pm                           | 7:00pm - 8:00pm                           |   |        |
| BJJ ALL LEVELS                            | MUAY THAI                                 | BJJ ALL LEVELS                            | MUAY THAI                                 | SUBMISSION GRAPPLING                      |   |        |

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