





































THERIEN JIU-JITSU & KICKBOXING CLASS AND SCHEDULE – GATINEAU

340, MALONEY EST, BLVD. PHONE : (819) 663-5777

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
Central	Classroom	Central	Classroom	Central	Classroom	Central	Classroom	Central	Classroom	Central	Classroom
 kickboxing (novice) 12:00 – 12:45 pm				 kickboxing (novice) 12:00 – 12:45 pm				  kickboxing (novice) Pro-Kick Sparring 12:00-12:45 12:00-12:45		 Petits Dragons 9:30 – 10:00	
 Jiu-Jitsu Junior 5:45 – 6:30 pm				 Jiu-Jitsu Junior 5:45 – 6:30 pm		 Petits Dragons 5:15 – 5:45 pm		  Jiu-Jitsu Junior, PCN & Master Club Junior 5:45 – 6:30 pm		  Jiu-Jitsu Famille PCN 10:15-11:00 10:15-11:00	
  Pro-Kick Orientation session Junior 6:30-7:30pm 6:30-7:00pm		 PCN Junior 5:45-6:30pm		  Pro-Kick Orientation session Junior 6:30-7:45pm 6:30-7:00pm		 PCN Junior 5:45-6:30pm				  kickboxing (novice) Grappling 11:00-11:45 11:00-12:00	
 Master Club Adults 7:00 – 8:00 pm		  PCN Master Club Junior Jiu-Jitsu Famille 6:30-7:15pm 6:30-7:15pm		 Master Club Adulte 7:00 – 8:00 pm		  PCN Master Club Junior Jiu-Jitsu Famille 6:30-7:15pm 6:30-7:15pm				Free training (Grappling/Sparring) 12 :00 – 13 :00	
 kickboxing (novice) 7:30 – 8:15 pm		  Orientation session Adults Grappling 7:15-7:45 pm 7:15-8:15pm		 kickboxing (novice) 7:45 – 8:30 pm		  Orientation session Adults Grappling 7:15-7:45pm 7:15-7:15pm		Légende Little dragon = 4 to 5 yd JJ Junior = white and yellow JJ Famille = Adults / Junior white and yellow JJ Adulte = allo color belt PCN = orange and yellow PCN Avancé = blue and purple Master Club = brown and black Kickboxing Novice = beginners Pro-Kick = Kickboxing Advanced			
 Jiu-Jitsu Adulte 8:00 – 8:45 pm		 kickboxing (novice) 7:45 – 8:30 pm		 Jiu-Jitsu Adulte 8:00 – 8:45 pm		 kickboxing (novice) 7:45 – 8:30 pm					
Participate in 2-3 classes per week and practice at home. Arrive 10-15 minutes before your class. Prepare yourself silently. Students must salute on entering and leaving the training room.				Remove your boots when you get to school. Bring your coats with you to the spare rooms. Leave your valuables at home. Keep your uniform clean and in good condition.				Parents and friends are not permitted in the training room, except with the permission of the Sensei. Please call if you can not participate in your class. <p style="text-align: right;">MARS 2017</p>			

LE LEADER EN ARTS MARTIAUX, CONDITIONNEMENT PHYSIQUE ET DÉVELOPPEMENT PERSONNEL DEPUIS 1968