



P4P MARTIAL ARTS & FITNESS MARKHAM



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Hours of Operation:

Mon to Thurs 6:00am to 10:00pm

Friday 6:00am to 7:00pm

Sat and Sun 8:00am to 4:00pm

Class schedule is subject to change

SUN	MON		TUE		WED		THU		FRI		SAT
	OPEN MAT 6AM-9:30AM		OPEN MAT 6AM-1PM		OPEN MAT 6AM-9:30AM		OPEN MAT 6AM-1PM		OPEN MAT 6AM-9:30AM		
11:00am The BIG HIIT	9:30am Boot Camp				9:30am Boot Camp				9:30am Boot Camp		
12:00pm All Levels Boxing	12:00pm The BIG HIIT		12:00pm All Levels Muay Thai		12:00pm The BIG HIIT		12:00pm Kettle Bell Blast		12:00pm The BIG HIIT		12:00pm Kettle Bell Blast
	1:00pm All Levels Muay Thai				1:00pm All Levels Muay Thai				1:00pm All Levels Boxing		1:00pm All Levels Muay Thai
	OPEN MAT 2-5PM		OPEN MAT 1-5PM		OPEN MAT 2-5PM		OPEN MAT 1-5PM		OPEN MAT 2-5PM		
EVENING CLASSES											
	5:00pm Kids Muay Thai		5:00pm Kids BJJ	5:00pm Sr. Kids Muay Thai	5:00pm Kids Muay Thai		5:00pm Kids BJJ	5:00pm Comp Kids Muay Thai	5:00pm Kids Muay Thai		
	6:00pm The BIG HIIT		6:00pm The BIG HIIT		6:00pm Kettle Bell Blast		6:00pm The BIG HIIT		6:00pm All Levels Muay Thai		
	7:00pm All Levels Muay Thai		7:00pm All Levels Muay Thai		7:00pm All Levels Muay Thai		7:00pm All Levels Muay Thai				
8:00pm Muay Thai Drills & Technique	8:00pm All Levels BJJ	8:00pm Intermediate Boxing	8:00pm All Levels BJJ	8:00pm All Levels Boxing	8:00pm Muay Thai Drills & Technique		8:00pm All Levels BJJ	8:00pm All Levels Boxing			