



P4P MARTIAL ARTS & FITNESS MARKHAM



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Hours of Operation:
 Mon to Thurs 6:00 am to 10:00 pm
 Friday 6:00 am to 8:00pm pm
 Sat and Sun 8:00pm am to 4:00 pm

Class schedule is subject to change

| SUN | MON | TUE | WED | THU | FRI | SAT |
|------------------------------------|---|-----------------------------------|------------------------------------|-------------------------------------|------------------------------------|--------------------------------|
| | 6:00am Boot Camp | | 6:00am Boot Camp | | 6:00am Boot Camp | |
| | | | | | | 11:00 Booty Camp |
| 12:00pm Strength & Conditioning | 12:00pm Strength & Conditioning | 12:00pm Muay Thai | 12:00pm Strength & Conditioning | 12:00pm Strength & Conditioning | 12:00pm Strength & Conditioning | 12:00 Kettle Bells |
| 1:00pm Boxing | 1:00pm Muay Thai | | 1:00pm Muay Thai | | 1:00pm Muay Thai | 1:00pm Muay Thai |
| | OPEN MAT 2-5PM | OPEN MAT 1-5PM | OPEN MAT 2-5PM | OPEN MAT 1-5PM | OPEN MAT 2-5PM | |
| | 5:00pm Kids Muay Thai | 5:00pm Kids BJJ | 5:00pm Kids Boxing | 5:00pm Kids Muay Thai | 5:00pm Kids BJJ | 5:00pm Kids Boxing |
| | 6:00pm Strength & Conditioning | 6:00pm Strength & Conditioning | 6:00pm Strength & Conditioning | 6:00pm Strength & Conditioning | 6:00pm Strength & Conditioning | 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 Muay Thai Drills & Technique | 7:00pm All Levels Muay Thai | |
| | 8:00pm Muay Thai Techique & Sparring | 8:00pm All Levels BJJ | 8:00pm All Levels Boxing | | 8:00pm All Levels BJJ | 8:00pm All Levels Boxing |