



Grants MMA Rival Boxing Gym

4884 Dufferin Street, Unit 6
 North York, Ontario M3H 5S8
 (416) 736-7770
 grantmma.ca

FREE TRIAL CLASS!

- ◆ Open gym time during gym hours
- ◆ Fully equipped weights area
- ◆ Memberships that suit your needs
- ◆ Ask about Personal Training

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOURS OF OPERATION	11am-10pm	11am-10pm	11am-10pm	11am-10pm	11am-10pm	10am-2:30pm
7-7:45am	Ladies Boot Camp	Ladies Boxing	Ladies Boot Camp	Ladies Boxing		10-11am Mini Me MMA Striking
11-1pm	Pro Training	Pro Training	Pro Training	Pro Training	Pro Training	
1-2pm	Cardio Boxercise	Cardio Boxercise	Cardio Boxercise	Cardio Boxercise	Cardio Boxercise	10-11am Grappling
6-7pm	Boxing	Boxing	Boxing	Boxing	Boxing	10-11:30am BJJ (Gi)
6-7pm	Mini Me MMA Striking	Mini Me MMA Grappling	Mini Me MMA Striking	Mini Me MMA Grappling	Mini Me MMA Striking	
7-8pm	Strength Conditioning		Strength Conditioning		Strength Conditioning	11:30-12:30pm Muay Thai
7-8pm	Intro to BJJ	Olympic Wrestling	Intro to BJJ	Olympic Wrestling		
7-8:30pm	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	12:30-1:30pm Boxing
8-9:30pm	BJJ	BJJ (Gi)	BJJ	BJJ (Gi)	BJJ (Openmat)	

PRIVATE TRAINING						
Small Group Training	7:45-8:30am 12-12:45pm 7:30-9:30pm	7:45-8:30am 5:30-9:30pm	7:45-8:30am 12-12:45pm 7:30-9:30pm	7:45-8:30am 5:30-9:30pm	Inquire	10:30-1:30pm
Personal Training	Inquire to nat@grantmma.ca					

