



## Grants MMA & 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

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>HOURS OF OPERATION</b>	11am-10pm	11am-10pm	11am-10pm	11am-10pm	11am-10pm	10am-2pm
11-1pm	Pro Training	Pro Training	Pro Training	Pro Training	Pro Training	<b>10-11am Mini Me MMA Striking</b>
1-2pm	Cardio Boxercise	Cardio Boxercise	Cardio Boxercise	Cardio Boxercise	Cardio Boxercise	
5:15-6:15pm		Women's Boxing		Women's Boxing		<b>10-11:30am BJJ (Gi) &amp; Grappling</b>
6-7pm	Boxing	Boxing	Boxing	Boxing	Boxing	
6-7pm	Mini Me MMA Striking	Mini Me MMA Grappling	Mini Me MMA Striking	Mini Me MMA Grappling	Mini Me MMA Striking	<b>11:30-12:30pm Muay Thai</b>
7-8pm	Strength Conditioning		Strength Conditioning		Strength Conditioning	
7-8:30pm	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	<b>12:30-1:30pm Boxing</b>
8-9:30pm	BJJ	BJJ (Gi)	BJJ	BJJ (Gi)		

### PRIVATE TRAINING

**Trainers available for 1-on-1 Pads, Small Group and Personal Training All Day  
 Inquire to nat@grantmma.ca**