

Winter 2024



Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	A	B	A	B	A	B	A	B	A	B	A	B
9:00											*Wm Wghts*	*BBC*
9:30am											8:45am	9:00am
10:00											Jiu-Jitsu Kids & Youth	
10:30am											10:00am (45 mins)	
11:00											BJJ Adult	Karate Adlt
11:30am											11:00am	11:00am
12:00	Muay Thai Fundamentals		Brazilian Jiu-Jitsu		Muay Thai Fundamentals		Brazilian Jiu-Jitsu				PBC 12:00pm	
12:30pm	12:00pm		12:00pm		12:00pm		12:00pm					Muay Thai
1:00												12:30pm
1:30pm												MT Intmdt
2:00												
2:30pm												
3:00												
3:30pm	*Momentum After School		*Momentum After School		*Momentum After School		*Momentum After School		*Momentum After School			
4:00	Program* 3:30pm-		Program* 3:30pm-		Program* 3:30pm-		Program* 3:30pm-		Program* 3:30pm-			
4:30pm	5:30pm (daily)		5:30pm (daily)		5:30pm (daily)		5:30pm (daily)		5:30pm (daily)			
5:00												
5:30pm	Jiu-Jitsu Kids & Youth		Jiu-Jitsu Kids & Youth		Jiu-Jitsu Kids & Youth		Jiu-Jitsu Kids & Youth			*TD 6wks*	*Indicates* special programming that is not included in the Mmtm Membership	
6:00	5:30pm (45 mins)		5:30pm (45 mins)		5:30pm (45 mins)		5:30pm (45 mins)			5:45pm		
6:30pm	BJJ Adults	Muay Thai	Karate Adt	Muay Thai	BJJ Adults	Yoga Class	BJJ Adults	Muay Thai	Wmn's BJJ	*MMA*		
7:00	6:30pm	6:30pm	6:30pm	6:30pm	6:30pm	6:30pm	6:30pm	6:30pm	6:30pm	6:30pm		
7:30pm		Fierce MT	BJJ Adults	MT Intmdt	PBC 7:30pm	Fierce MT	Karate Adt	MT Intmdt				
8:00		7:30pm	7:30pm			7:30pm	7:30pm					
8:30pm												
9:00												

Personal training, group training, and birthday parties are available, contact us @306.244.5711

Check out our website: www.mmtm.ca

Street Address: #3 - 2301 Faithful Avenue, Saskatoon, SK, S7K 1T9

Follow us on Social!
Momentum Martial Arts
(Saskatoon)


