Fall 2026-27

MOMENTUM Martial Arts

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Time	A	B	A	B	A	B	A	B	A	B	A	B
9:00											*Wm Wghts* 8:30am	*BBC* 9:00am
9:30am												
10:00											Jiu-Jitsu Kids & Youth 10:00am (45 mins)	
10:30am												
11:00											BJJ Adult 11:00am (90 mins)	Karate Adlt 11:00am
11:30am												
12:00	Muay Thai Fundamentals 12:00pm		Brazilian Jiu-Jitsu 12:00pm		Muay Thai Fundamentals 12:00pm		Brazilian Jiu-Jitsu 12:00pm					
12:30pm												Muay Thai 12:30pm
1:00												MT Intmdt
1:30pm												
2:00												
2:30pm												
3:00												
3:30pm												
4:00												
4:30pm	Jiu-Jitsu Kids & Youth 4:30pm (45 mins)		Jiu-Jitsu Kids & Youth 4:30pm (45 mins)		Jiu-Jitsu Kids & Youth 4:30pm (45 mins)		Jiu-Jitsu Kids & Youth 4:30pm (45 mins)					
5:00											*Indicates* special programming that is not included in the regular Mmtm Membership	
5:30pm	Jiu-Jitsu Kids & Youth 5:30pm (45 mins)		Jiu-Jitsu Kids & Youth 5:30pm (45 mins)		Jiu-Jitsu Kids & Youth 5:30pm (45 mins)		Jiu-Jitsu Kids & Youth 5:30pm (45 mins)			*TD 6wks* 5:45pm		
6:00												
6:30pm	BJJ Adult 6:30pm (90 mins)	Muay Thai 6:30pm	BJJ Adults 6:30pm	Muay Thai 6:30pm	BJJ Adult 6:30pm (90 mins)	Muay Thai 6:30pm	BJJ Adults 6:30pm	Muay Thai 6:30pm		*MMA* 6:30pm		
7:00		*Wm Wghts* 7:30pm	Karate Adt 7:30pm	MT Intmdt			Karate Adt 7:30pm	MT Intmdt				
7:30pm												
8:00												
8:30pm												
9:00												

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

Follow us on Social!
Momentum Martial Arts (Saskatoon)

Check out our website: www.mmtm.ca

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