



BOA

**BRAZILIAN
JIU-JITSU
ASSOCIATION**

★★★ KAMLOOPS ★★★

WINTER SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
12PM - 1PM ADULT MUAY THAI KICKBOXING	12PM - 1PM ADULT BJJ GI	12PM - 1PM ADULT MUAY THAI KICKBOXING	12PM - 1PM ADULT BJJ GI		
1PM - 4:30PM OPEN PRIVATE LESSONS	1PM - 4:30PM OPEN PRIVATE LESSONS	1PM - 4:30PM OPEN PRIVATE LESSONS	1PM - 4:30PM OPEN PRIVATE LESSONS	1PM - 4:30PM OPEN PRIVATE LESSONS	
5PM - 5:45PM KIDS BEGINNER WRESTLING / BJJ NO GI	4PM - 4:45PM LITTLE BOAS BJJ CLASS	5PM - 5:45PM KIDS BEGINNER BJJ GI / JUDO	5PM - 5:45PM KIDS MUAY THAI KICKBOXING	5PM - 5:45PM KIDS BEGINNER & ADVANCED BJJ GI	
6PM - 6:45PM KIDS ADVANCED WRESTLING / BJJ NO GI	6PM - 7PM ADULT MUAY THAI KICKBOXING	6PM - 6:45PM KIDS ADVANCED BJJ GI / JUDO	6PM - 7PM ADULT MUAY THAI KICKBOXING	6PM - 7PM ADULT MUAY THAI KICKBOXING	6PM OPEN MAT (BY APPOINTMENT ONLY)
7PM - 8:30PM ADULT BJJ GI	7PM - 7:30PM KICKBOXING SPARRING	7PM - 8:15PM ADULT WRESTLING / BJJ NO GI	7PM - 7:30PM KICKBOXING SPARRING	7PM - 8:30PM ADULT BJJ GI	
	7:30PM - 8:30PM BJJ COMPETITION GI		7:30PM - 8:30PM ADULT MMA		

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