



BOA

**BRAZILIAN
JIU-JITSU
ASSOCIATION**

★★★ KAMLOOPS ★★★

FALL 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 | 4PM - 4:45PM LITTLE BOAS BJJ CLASS | 5PM - 5:45PM KIDS BEGINNER & ADVANCED BJJ GI | |
| 6PM - 6:45PM KIDS ADVANCED WRESTLING / BJJ NO GI | 5PM - 5:45PM KIDS MUAY THAI KICKBOXING | 6PM - 6:45PM KIDS ADVANCED BJJ GI / JUDO | 5PM - 5:45PM KIDS MUAY THAI KICKBOXING | | |
| 7PM - 8:30PM ADULT BJJ GI | 6PM - 7PM ADULT MUAY THAI KICKBOXING | | 6PM - 7PM ADULT MUAY THAI KICKBOXING | 6PM - 7PM ADULT MUAY THAI KICKBOXING | 6PM OPEN MAT / MMA FIGHTERS TRAINING <small>(BY APPOINTMENT ONLY)</small> |
| | 7PM - 7:30PM KICKBOXING SPARRING | | 7PM - 7:30PM KICKBOXING SPARRING | | |
| | 7:30PM - 8:30PM BJJ COMPETITION TRAINING | 7PM - 8:15PM ADULT WRESTLING / BJJ NO GI | 7:30PM - 8:30PM ADULT MMA | 7PM - 8:30PM ADULT BJJ GI | |

VISIT OUR WEBSITE:
www.boamartialarts.com

GIVE CHAD A CALL:
250-572-1352

FACEBOOK PAGE:
 /Boabjjmmakamloops