



2025 SCHEDULE MARKHAM

EFFECTIVE SEPTEMBER 02, 2025

www.actionreactionmma.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00AM-9:00PM	7:00AM-9:00PM	7:00AM-9:00PM	7:00AM-9:00PM	7:00AM-9:00PM	7:00AM-9:00PM	
PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	PRIVATE CLASSES (inquire at reception)	
					09:00am - 10:00am	
					BJJ WOMEN'S ONLY	
	12:00pm - 1:00pm		12:00pm - 1:00pm		10:00am - 10:30am	
	ADULT BJJ (ALL LEVELS)		ADULT BJJ (ALL LEVELS)		KIDS BJJ (3-5 yrs old)	
					10:30am - 11:30pm	
					KIDS BJJ (6-9 yrs old)	
5:00pm - 5:30pm	5:00pm - 5:30pm	5:00pm - 5:30pm	5:00pm - 5:30pm		11:30am - 12:30pm	
KIDS BJJ (3-5 yrs old)	KIDS BJJ (3-5 yrs old)	KIDS BJJ (3-5 yrs old)	KIDS BJJ (3-5 yrs old)		YOUTH BJJ (10-13yrs old)	
5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	5:30pm - 6:30pm	12:30pm - 2:00pm	
KIDS BJJ (6-9 yrs old)	KIDS BJJ (6-9 yrs old)	KIDS BJJ (6-9 yrs old)	KIDS BJJ (6-9 yrs old)	KIDS BJJ (6-9 yrs old)	ADULT BJJ (ALL LEVELS)	
6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm	6:30pm - 7:30pm		
YOUTH BJJ (10-13yrs old)	YOUTH BJJ (10-13yrs old)	YOUTH BJJ (10-13yrs old)	YOUTH BJJ (10-13yrs old)	YOUTH NOGI (10-13yrs old)		
7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm		
TEEN BJJ (14+ yrs old)	TEEN BJJ (14+ yrs old)	TEEN BJJ (14+ yrs old)	TEEN BJJ (14+ yrs old)	TEEN NOGI (14+ yrs old)		
7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm	7:30pm - 8:30pm		
ADULT BJJ (ALL LEVELS)	ADULT BJJ (ALL LEVELS)	ADULT BJJ (ALL LEVELS)	ADULT BJJ (ALL LEVELS)	SUBMISSION GRAPPLING - NOGI		

TEL : (416) 494 - 8787 ext.3

* Action & Reaction MMA reserves the right to alter the days, hours of operation and classes if deemed necessary.

* Private Training Available, please inquire at reception