

2026 SCHEDULE VAUGHAN

EFFECTIVE APRIL, 2026

www.actionreactionmma.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00pm - 1:00pm		12:00pm - 1:00pm		12:00pm - 1:00pm	10:00am - 10:30am	
BJJ ALL LEVELS		BJJ ALL LEVELS		BJJ ALL LEVELS	KIDS BJJ (3-5 yrs)	
					10:30am - 11:30pm	
					KIDS BJJ (6-9 yrs)	
					11:30am - 12:30pm	
					YOUTH BJJ (10+ yrs)	
5:00pm - 5:30pm	5:00pm - 6:00pm	5:00pm - 5:30pm	5:00pm - 6:00pm	5:00pm - 5:30pm	11:30am - 12:30pm	
KIDS BJJ (3-5yrs)	KIDS BJJ (6-9 yrs)	KIDS BJJ (3-5yrs)	KIDS BJJ (6-9 yrs)	KIDS BJJ (3-5yrs)	BJJ WOMEN'S ONLY	
5:30pm - 6:30pm	6:00pm - 7:00pm	5:30pm - 6:30pm	6:00pm - 7:00pm	5:30pm - 6:30pm	12:30pm - 2:00pm	
KIDS BJJ (6-9 yrs)	YOUTH BJJ (10+ yrs)	KIDS BJJ (6-9 yrs)	YOUTH BJJ (10+ yrs)	KIDS BJJ (6-9 yrs)	BJJ ALL LEVELS	
6:30pm - 7:30pm	7:00pm - 8:00pm	6:30pm - 7:30pm	7:00pm - 8:00pm	6:30pm - 7:30pm		
YOUTH BJJ (10+ yrs)	BJJ BASICS	YOUTH BJJ (10+ yrs)	BJJ BASICS	YOUTH BJJ (10+ yrs)		
7:30pm - 9:00pm	8:00pm - 9:30pm	7:30pm - 9:00pm	8:00pm - 9:30pm	7:30pm - 9:00pm		
BJJ ALL LEVELS	SUBMISSION GRAPPLING - NOGI	BJJ ALL LEVELS	SUBMISSION GRAPPLING - NOGI	BJJ ALL LEVELS		

TEL : (416) 494 - 8787

* 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