



OTTAWA ACADEMY OF MARTIAL ARTS

ZOOM SCHEDULE

**STARTING
JANUARY 5TH**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUAY THAI ZOOM 7:00AM- 7:30AM	MUAY THAI ZOOM 7:00AM- 7:30AM	MUAY THAI ZOOM 7:00AM- 7:30AM	MUAY THAI ZOOM 7:00AM- 7:30AM		TINY TIGERS ZOOM 9:30AM - 10:00AM
	BJJ PURPLE ZOOM 11:30AM - 12:15PM		BJJ PURPLE ZOOM 11:30AM - 12:15PM		BJJ KIDS ZOOM 10:15AM - 11:00AM
MUAY THAI ZOOM 12:00PM - 12:50PM	MUAY THAI ZOOM 12:00PM - 12:50PM	MUAY THAI ZOOM 12:00PM - 12:50PM	MUAY THAI ZOOM 12:00PM - 12:50PM	MUAY THAI ZOOM 12:00PM - 12:50PM	MT KIDS/ADULTS ZOOM 11:00AM - 11:45AM
BJJ KIDS / ADULTS ZOOM 12:00PM - 12:50PM	BJJ KIDS / ADULTS ZOOM 12:15PM - 12:50PM	BJJ KIDS / ADULTS ZOOM 12:00PM - 12:50PM	BJJ KIDS / ADULTS ZOOM 12:15PM - 12:50PM	BJJ KIDS / ADULTS ZOOM 12:00PM - 12:50PM	BJJ ZOOM 11:45AM - 12:30PM
TINY TIGERS ZOOM 4:45PM - 5:15PM		TINY TIGERS ZOOM 4:45PM - 5:15PM			
BJJ KIDS ZOOM 5:30PM - 6:15PM	MUAY THAI KIDS ZOOM 5:30PM - 6:15PM	BJJ KIDS ZOOM 5:30PM - 6:15PM	MUAY THAI KIDS ZOOM 5:30PM - 6:15PM		
BJJ ZOOM 6:15PM - 6:55PM	BJJ ZOOM 6:15PM - 6:55PM	BJJ ZOOM 6:15PM - 6:55PM	BJJ ZOOM 6:15PM - 6:55PM	BJJ ZOOM 6:15PM - 6:55PM	
MUAY THAI ZOOM 6:15PM - 6:55PM	MUAY THAI ZOOM 6:15PM - 6:55PM	MUAY THAI ZOOM 6:15PM - 6:55PM	MUAY THAI ZOOM 6:15PM - 6:55PM	MT KIDS/ADULTS ZOOM 6:15PM- 6:55PM	
BJJ PURPLE ZOOM 7:00PM - 7:45PM		BJJ PURPLE ZOOM 7:00PM - 7:45PM			