



# CARLETON UNIVERSITY MARTIAL ARTS

FALL 2016 & WINTER 2017

MONDAY	WEDNESDAY	THURSDAY	SATURDAY
			<p><b>WOMEN'S ONLY DYNAMIC KICKBOXING</b> 10:30 - 11:30 AM</p>
			<p><b>WOMEN'S ONLY STREET SELF DEFENSE</b> 11:30 AM - 12:30 PM</p>
<p><b>KICKBOXING &amp; MUAY THAI</b> 6:00 - 7:30 PM</p>	<p><b>KICKBOXING &amp; MUAY THAI</b> 6:00 - 7:30 PM</p>		
<p><b>SHAOLIN KUNG FU, TAI CHI, &amp; WEAPONS</b> 7:30 - 9:00 PM</p>	<p><b>SHORINJI KAN JIU JITSU</b> 7:00 - 9:00 PM</p>	<p><b>SHORINJI KAN JIU JITSU</b> 7:00 - 9:00 PM</p>	
	<p><b>SHAOLIN KUNG FU, TAI CHI, &amp; WEAPONS</b> 7:30 - 9:00 PM</p>	<p><b>BEGINNER GRAPPLING</b> 7:30 - 9:00 PM</p>	

ROOM 2404

MULTIPURPOSE ROOM

COMBATIVES ROOM