

# MMA SCHEDULE - XTREME COUTURE TORONTO

@xtremecouturetoronto

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Updated as of: SEPTEMBER 21st 2022. CHANGES START THE WEEK OF OCTOBER 3<sup>RD</sup> 2022

**Club Hours:**

Monday-Thursday 6am-10pm, Friday 6am-9pm, Sat-Sun 8am-5pm

**Clinic Services:** Email info@xtremecoutureclinic.com Website: xtremecoutureclinic.com

Physiotherapy, Chiropractic, Acupuncture/Traditional Chinese Medicine, Osteopathy, Kinesiology

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLEANING						
<b>BJJ- NO GI</b> Mike 12:00PM	<b>BJJ -NO GI</b> Stu 12:00PM	<b>BJJ- NO GI</b> Mike 12:00PM	<b>BJJ -NO GI</b> Stu 12:00PM	<b>BOXING</b> Jay 12:00PM	<b>WOMEN'S ONLY</b> <b>BOXING</b> Sandy 9:00AM	<b>COMPETITION</b> <b>BJJ-NO-GI</b> Mike 10:00 AM Advanced
<b>MUAY THAI</b> Sean 6:30PM	<b>MUAY THAI</b> Sean 6:00PM	<b>ADVANCED MUAY THAI</b> Sean 6:30PM	<b>MAUY THAI</b> Matt 6:00PM	<b>KICKBOXING</b> Sebastian 6:00PM	<b>MUAY THAI</b> Marco 10:00AM	<b>MUAY THAI</b> Matt 11:00PM-1PM (2 hours)
CLEANING						
<b>BOXING</b> Sandy 7:00PM	<b>BEGINNER BOXING</b> Nik 7:00PM	<b>BOXING</b> Sandy 7:00PM	<b>BOXING</b> Sandy 7:00PM	<b>WRESTLING</b> <b>High performance</b> (14+) Bernard 7:00PM	<b>BOXING</b> Sandy 11:00AM	<b>MUAY THAI/STRIKING SPARRING</b> (invite only) Matt 1:00-1:30PM
CLEANING						
<b>BJJ-NO GI</b> Sam Zakula 7:00PM	<b>BJJ-NO GI</b> Mike 7:00PM	<b>BJJ-NO GI</b> Sam Zakula 7:00PM	<b>BJJ-NO GI</b> Mike 7:00PM	<b>BJJ-GI</b> Paul 7:00PM	<b>BJJ-NO GI</b> Mike 12:00PM	
CLEANING						
<b>MMA</b> Sam Zakula 8:00PM	<b>KICKBOXING</b> Sebastian 7:00PM	<b>MMA</b> Sam Zakula 8:00PM	<b>BOXING SPARRING</b> Invite Only Sandy 8:00 PM	<b>BEGINNER BOXING</b> SPARRING \$5 DROP IN Nik 8:00PM	<b>BJJ-GI</b> Paul 1:00PM	
<b>WRESTLING</b> Carlos 8:00PM	<b>BJJ-GI</b> Paul 8:00 PM	<b>WRESTLING</b> Carlos 8:00PM	<b>BJJ-GI</b> Paul 8:00 PM			
<b>KIDS CORNER</b>						
<b>KIDS BOXING</b> Sandy & Nik 5:00PM	<b>KIDS WRESTLING</b> Arelly 5:00PM	<b>KIDS MUAY THAI</b> Matt 5:00PM	<b>KIDS BOXING</b> Sandy & Nik 5:00PM	<b>KIDS WRESTLING</b> Arelly 5:00PM	<b>KIDS BJJ-GI</b> Paul 10:00AM	<b>KIDS BOXING</b> Sandy & Nik 10:00AM
<b>KIDS BJJ NO-GI</b> Stu & Paul 6:00PM	<b>KIDS BJJ GI</b> Stu & Paul 5:00PM (COMPETITIVE CLASS)	<b>KIDS BJJ NO-GI</b> Stu & Paul 6:00PM	<b>KIDS BJJ GI</b> Stu & Paul 5:00PM (COMPETITIVE CLASS)	<b>KIDS MUAY THAI</b> Matt 5:00PM (New Time)	<b>KIDS BJJ NO-GI</b> Stu 11:10AM	
	<b>KIDS MUAY THAI</b> Matt 5:00PM		<b>KIDS BJJ-GI</b> Stu & Paul 6:00PM	<b>KIDS BJJ NO-GI</b> Paul 6pm	<b>KIDS BOXING</b> Jenna & Nik 12:00PM	
	<b>KIDS BJJ GI</b> Stu & Paul 6:00PM					
CLEANING						

## *CLASS DESCRIPTIONS*

**BOXING** - Boxing is a combat sport which two people, wearing protective gloves and other protective equipment such as hand wraps and mouth guards, throw punches at each other for a predetermined amount of time in a boxing ring. In a boxing class you can expect to skip to warm up, you will be taught some punching techniques that will be put into combinations. You will practice those techniques with your partner. After learning and practicing a few techniques you will do some drills on the punching bags and then finish with some core/body strengthening workouts such as push-ups, ab crunches, planks etcetera.

**KICKBOXING** - Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from karate mixed with boxing. Kickboxing is practiced for self-defense, general fitness, or as a contact sport. You can expect a 10 minute warm up before working on techniques

**MUAY THAI** - translates into Thai boxing and is commonly known as the art of 8 limbs because it makes use of 8 points of contact utilizing hands, elbows, knees and kicks. A typical Muay Thai class will consist of a good active warm up (approximately 10 minutes) followed by technical work with a partner where one is a pad holder and one is the striker where we focus on combinations. A few different combinations will be practiced. And then pad holder and striker will switch positions. The class will finish with bag work and/or conditioning.

**WRESTLING** - is a combat sport involving grappling-type techniques such as clinch fighting, throws and takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition, between two competitors or sparring partners, who attempt to gain and maintain a superior position. A typical wrestling class will consist of a good hard warm up focused on agility and conditioning. You and a partner will then work on technical drills followed by sparring and finished with conditioning.

**Brazilian Jiu-Jitsu (BJJ) Gi(uniform) and NO Gi (no uniform)** - is a grappling based martial art whose central theme is the skill of controlling a resisting opponent in ways that force him to submit using the principals of leverage, angles, pressure and timing. Classes will start with a warm up consisting of stretching, agility, and warming up the muscles. Technical drills with a partner will follow, and then open grappling/sparring to finish the class.

**MMA** - Mixed martial arts (MMA) is a full-contact combat sport that allows a wide variety of fighting techniques and skills from a mixture of other combat sports to be used in competition. The rules allow usage of both striking and grappling techniques while standing and on the ground.

**SPARRING** – Sparring is the term used for controlled practice of any striking based combat sport. The best practice for martial arts techniques is done using other real persons to best replicate real fighting in a controlled environment. Sparring can be either technical, using light blows and little contact to train the reflexes and movements, or heavier in nature depending on the training goal and or level of the practioners. Necessary equipment will generally include protective means such as standard gloves, mouth guard and or shin guards/headgear. (Un-Supervised contact sparring is not permitted at Xtreme Couture.)