

Infight.ca

#109-2922 Glen Dr. Coquitlam

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00a-2:00p Private Lessons	10:00a-1:00p Private Lessons	Fighter Training 12-1:30p	10:00a-1:00p Private Lessons	10a-5:00p Private Lessons	8:45-9:45a Teen/Adult Fitness Kickboxing	
4:10-5:00p Age 6-8 MMA	1:00-3:00p Pro MMA Training *invite only	4:10-5:00p Age 6-8 MMA	1:00-3:00p Pro MMA Training *invite only		10-10:30a Age 3-4 Preschool 1	
5:10-6:00p Age 8-11 Int/Adv Striking	4:15-5:00p Age 6-10 BJJ	5:10-6:00p Age 8-11 Int/Adv Striking	4:15-5:00p Age 6-10 BJJ	5:00-6:00p Kids Stand up Sparring *invite only	10:35-11:15 Age 5-6 Preschool 2	11am-12p Teen/Adult Fitness Kickboxing
6:10-7:00p Teen Striking	5:00-5:45p Age 11-16 BJJ	6:10-7:00p Teen Striking	5:00-5:45p Age 11-16 BJJ	6:00-6:50p Teen/Adult Fitness Kickboxing	11:15-12p Age 6-7 MMA Preschool 3	12-1:00p Boxing (Must Book)
7:10-8:05p Adult Striking	6:00-6:45p Age 7-11 Beginner Striking	7:10-8:05p Adult Striking	6:00-6:45p Age 7-11 Beginner Striking	7:00-8:00p Stand up Sparring	12:05p-1p Adult Striking	1:00-2:15p Adult Wrestling
8:10-9:10p Adult BJJ (NoGi)	7:10-8:15p Adult BJJ	8:10-9:10p Adult BJJ (NoGi)	7:10-8:15p Adult BJJ	8:00-9:00p BJJ Rolling		

Email us: info@infight.ca

Call us: 604-351-1551