

Samirs Combat Reaction 682 Fennell Ave East, Hamilton, Ontario, PH: 905.730.5902 Email: sifuchokemaster@hotmail.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Personnal Training & Private Sessions 9:00am - 3:00pm	Personnal Training & Private Sessions 9:00am - 3:00pm	Personnal Training & Private Sessions 9:00am - 3:00pm	Personnal Training & Private Sessions 9:00am - 3:00pm	Personnal Training & Private Sessions 9:00am - 3:00pm	9am - 11am 1pm - 3pm	F A M I L Y D A Y
Youth MMA & MuayThai 5:30pm - 6:30pm		Youth MMA & MuayThai 5:30pm - 6:30pm			Youth MMA & MuayThai (By Invite Only) 11:00am - 12:00pm 12:00pm - 1:00pm	
Adult Muay Thai (Beg/Inter 16yr+) 6:30pm - 7:30pm		Adult Muay Thai (Beg/Inter 16yr+) 6:30pm - 7:30pm		Adult Muay Thai (Beg/Inter 16yr+) 7:00pm - 8:00pm	Adult Muay Thai (Beg/Inter 16yr+) 12pm - Invite Only	
	Adult Muay Thai (Inter/Adv 18yr+) 7pm - 8pm		Adult Muay Thai (Inter/Adv 18yr+) 7pm - 8pm		Adult Muay Thai (Inter/Adv 18yr+) 12pm - 1pm	
Samirs Combat Reaction CSSD/SC - 18yrs+ 7pm - 8pm		Samirs Combat Reaction CSSD/SC - 18yrs+ 7pm - 8pm		Samirs Combat Reaction CSSD/SC - 18yrs+ 7pm - 8pm		
				Modified Boxing For MMA 7pm - 8pm		