



Welcome Back!! We Missed You!!

As we plan to re-open on August 3, it's very important you read through the information below to ensure both your safety and our ability to accept you back into the gym. Please be advised we will not be offering BJJ for the time being until we devised a safe approach for re-integrating it. As well we will be having [2] adult trial class on July 29 & 30 at 7:30 PM. There will be kids trial class July 30 at 6:00 PM, please register to attend. We welcome you all back! It's time to train again!

COVID-19 Health & Safety Protocols at AMMA!!

- The health and safety of our members and staff is our utmost concern and priority. In addition to the measures below, AMMA is committed to provide a safe and clean environment for our members and staff. One of our most critical initiatives was to limit the capacity of classes to ensure social distancing is obtainable at all times.

Things to Do & Remember!!

- Registration with Muay Thai Ontario as a recreational member will be required in order to attend classes.
- Since class size will be limited, members are required to reserve or book spots. We will launch a scheduling app shortly so please stay tuned. For non-members looking to try out a class, please call or send us an email to reserve a spot.
- Please arrive 15 minutes before class. We will need to perform the standard COVID screening and temperature check before you are permitted to begin. You must also arrive dressed to train since the change room will be out of service. Please bring your own equipment such as wraps, gloves, skipping rope, etc.
- We will only permit 1 parent or guardian into the gym for the kids attending classes. We are also working on a Zoom platform for parents to view classes from their devices. Please stay tuned for details.
- No spectators or guests will be allowed in the gym during classes.
- To limit the spread of germs please utilize the sanitizing stations throughout the gym. All ways remember to disinfect & sanitize your station and equipment used.
- Please remember to practice social distancing at all times and please remain in your stations for the duration of the class. After class, please sanitize your stations and please leave the gym in a timely manner.