



Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 6:30-8:00am	Open Gym 6:30-8:00am	Open Gym 6:30-8:00am	Open Gym 6:30-8:00am		
	Boxing Therapy 10:30-11:30 am		Boxing Therapy 10:30-11:30 am		Kids Martial Arts 10:30-11:30 am Upstairs
All Levels Muay Thai 12:00-1:00 pm	Boxing All Levels 12:00-1:00 pm	All Levels Muay Thai 12:00-1:00 pm	Boxing All Levels 12:00-1:00 pm	All Levels Muay Thai 12:00-1:00 pm Upstairs	MMA Open Gym 11:00 am – noon Downstairs
Brazilian Jiu-Jitsu 12:00-1:30	Youth Boxing 4:15-5:00	Brazilian Jiu-Jitsu 12:00-1:30	Youth Boxing 4:15-5:00		All Levels Muay Thai 11:30 am-12:45 pm Upstairs
Kids Martial Arts 4:30 – 5:30 pm		Kids Martial Arts 4:30 – 5:30 pm			
Level 1 Muay Thai Upstairs	Boxing 5:30 - 7:00 pm	Level 1 Muay Thai Upstairs	Boxing 5:30 - 7:00 pm	Open Gym MMA, Boxing, Muay Thai 5:00 – 7:00 pm Upstairs	
Boxing Beginner & Intermediate Downstairs		Boxing Beginner & Intermediate Downstairs			Brazilian Jiu-Jitsu 2:30-4:00PM
5:30 – 6:30 pm		5:30 – 6:30 pm			
Level 2 Muay Thai 6:30 – 7:30 pm Upstairs	Fighter's Class Muay Thai 6:30 – 8:30 pm	Level 2 Muay Thai 6:30 – 7:30 pm Upstairs	Fighter's Class Muay Thai 6:30 – 8:30 pm		SUNDAY Brazilian Jiu-Jitsu 2:30-4:00PM
Level 1 MMA 6:30 – 7:30 pm Downstairs	Wrestling 7:00-7:30 pm	Level 1 MMA 6:30 – 7:30 pm Downstairs	Wrestling 7:00-7:30 pm		
Level 2 MMA 7:30 – 9:00 pm		Level 2 MMA 7:30 – 9:00 pm		Yoga 7:00-8:00pm	
Krav Maga 7:30-9:00 pm	Brazilian Jiu-Jitsu 7:30-9:00pm	Krav Maga 7:30-9:00pm	Brazilian Jiu-Jitsu 7:30-9:00pm		

KICKBOXING/Muay Thai: Muay Thai classes incorporate intense cardio and strength conditioning while learning precise striking and defensive techniques. It is the ultimate full body workout. You will learn to punch, kick, clinch, elbow and knee. Classes are a mix of jump rope, shadow boxing, bagwork, padwork, technique training and light contact sparring intended to provide a very effective workout and to help you reach your fitness goals quickly. Time is allotted for full contact sparring after class for those wishing to compete or challenge

KIDS CLASSES: One is physical – your child will improve his or her strength, flexibility, athleticism and overall health. Additionally, your child will learn to defend themselves with effectiveness. Hopefully, your child will never be picked on or need these skills but should the occasion arise, shouldn't everyone know how to protect themselves. The second form of self-defense karate teaches is internal. Children learn to spot danger and avoid dangerous people, places and activities. Island

MMA can help your child avoid the need for a physical confrontation. This second form of self-defense is perhaps the most valuable of two

KRAV MAGA: Krav Maga promotes finishing a fight as quickly as possible. Attacks are aimed at the most vulnerable parts of the body, and training is not limited to techniques that avoid severe injury. Drills provide maximum safety to students by the use of protective equipment and the use of reasonable force. Students learn to defend against all variety of attacks and are taught to counter in the quickest and most efficient way.

BRAZILIAN JIU-JITSU: Brazilian Jiu-jitsu is great for both men and woman of any age. Jiu-Jitsu (meaning "Gentle Art") relies on leverage and technique rather than explosiveness and strength allowing any person regardless of athletic ability to learn and practice it successfully. BJJ has a ranking system with 5 belts. White, blue, purple, brown and black. There are stripes given to students as smaller promotions on the way to the next belt. Once a student achieves four stripes, they are eligible for the next belt. BJJ contains stand-up grappling and takedowns, but it is best known for its ground-fighting techniques. We teach students the concept of using proper leverage, angles and techniques to gain superior positioning so that a joint lock or choke can be applied to defeat an opponent.

YOGA: Yoga classes are taught in the Vinyasa Yoga style, or flow style. The class will consist of Sun Salutations and flowing sequences linking movement with breath, which will include poses meant for cardio and strength-building, core work, and increased flexibility. You will sweat! Following this will be long-held, slower, meditative poses from the floor, meant for further flexibility and inner reflection. Classes will include hands-on adjustments, and modifications will be offered when needed. Please advise the instructor of any injuries prior to class.

BOXING: We offer a program that meets the needs of the novice but is also designed to handle the requirements of the highly skilled boxer. Boxing classes are designed to teach both traditional boxing as well as boxing for the purpose of MMA. While learning both basic and advanced techniques you will effectively burn fat and tone muscle in every enjoyable and exciting training session. Time is allotted for full contact sparring after class for those wishing to compete or challenge themselves. In the Boxing class participants must wear hand wraps, a mouth piece, a cup, Boxing gloves (14 oz to 16 oz), Head Gear for sparring, and shorts & t-shirt

BOXING THERAPY: Numerous studies show that strenuous, aerobic exercise like boxing can help improve people with Parkinson's physical performance and activities of daily living. Boxing emphasizes balance, footwork, quick reactions, changes in direction, hand-eye co-ordination and aerobic training. Boxing can help those with Parkinson's enhance their lives as well as build power, strength, flexibility, and speed that lessens symptoms and leads to a healthier and happier life.

MMA: Our MMA classes focus on ground fighting utilizing techniques from Brazilian Jiu Jitsu and wrestling while incorporating strikes, throws, takedowns and takedown defense. The concept of Mixed Martial Arts dates back to the ancient Greek Olympics of 648 B.C. when it was called Pankration, meaning all powers. In the modern era, MMA was originally created as a way to test the capabilities of various martial arts against each other in a neutral forum with minimal rules. Today MMA is the fastest growing sport in North America. It is exhilarating to watch as highly conditioned & well trained athletes showcase their skills in a relentless competition. There are numerous techniques used in MMA including- takedowns, throws, punches, kicks, knees, elbows and submission holds. Classes are instructed by professional fighters. You will learn all the skills of a true warrior and get into the best shape of your life. Time is allotted for full contact sparring after class for those wishing to compete or challenge themselves. In our MMA classes participants' must wear MMA handwraps, 4 oz MMA gloves, a mouth

PETEREC'S MARTIAL ARTS
250-389-6166

ISLAND MMA
250-479-8525

MUAY THAI / KRAV MAGA



STAN PETEREC

Stan Peterec holds 2 World Kickboxing Titles: the Canadian Kickboxing Title, was the coach for Team Canada in 2010 in Beijing, China. Sensei Peterec represented Canada in the World Savate Championship in France and has coached many Canadian, North American and World Champions. Black Belt Magazine featured him as one of the top 10 toughest people on the planet.

Stan Peterec recently made history at age 53 being the 1st Canadian and only one of three people ever to fight professionally over 5 decades.

BOXING / MMA



JASON HEIT

Coached by Donny Orr Sr. and Mike Caird Jason quickly tore through the Canadian amateur ranks winning bronze gloves, silver gloves, golden gloves, the diamond belt, the B.C. provincial light-heavyweight title, and the Canadian Light-Heavyweight title by knocking out all his opponents in the 1995 Canadian Nationals. He then went on to represent Canada in the 1995 Pan-American Games and the 1996 AIBA Multi-Nation International Olympic Qualification Tournament.

Jason has since continued his training at Legends MMA under coaches Bas Rutten, Randy Couture, Jason Miller, Karo Parysian, Mac Danzig, Eddie Bravo and Jeremy Williams.

YOGA



NATALIE BELL

Natalie Bell is a Certified Yoga Teacher and comes to Peterec's from Ontario- home of 4 out of 5 Great Lakes, J. Biebs, and E. coli outbreaks. She has been teaching yoga since 2006 and has a background in Iyengar, Ashtanga and Vinyasa yoga, but specializes in Vinyasa, or flow style yoga.

Natalie believes in using yoga to move through and release the physical tension and stress in our bodies, but also in our minds. She believes that beginning to pay attention to how we feel both physically and mentally, and why we do the things we do, makes us into more empathetic, intelligent people.

KRAV MAGA



CHRISTOPHER M. HUNT

Christopher M. Hunt has trained in martial arts throughout his life. Over the last 10 years, he has trained Krav Maga at the National Training Center in Los Angeles earning his Second Degree Black Belt. He received extensive training from Darren Lavine, Chief Instructor and 6th degree Black Belt. An expert instructor in self-defense, Christopher Hunt has taught hundreds of civilians and police officers in the United States since 2007. Not only becoming an expert in self-defense but rounding out his training skills in boxing, grappling, and kickboxing.

WRESTLING



SLAVI STANEV

Slavi has over 40 years of experience in coaching wrestling both in Canada and internationally.

He has been awarded with numerous state and governmental medals and diplomas for his coaching activities developed in his home country of Bulgaria. These include the "Cyril and Methodius Medal, Second Degree.

In 2008, the Canadian Olympic Committee officially recognized his efforts for the preparation of Canadian Greco-Roman wrestler Ari Taub (Calgary) for the Beijing Olympics.

Slavi has published over 120 articles and 8 books on the theory and practice of wrestling.

BRAZILIAN JIU-JITSU



JOHN KUTZ

John Kutz is a Brazilian Jiu-Jitsu 4 stripe purple belt. John is not only dedicated to his own training and career, but also to sharing his passion for Brazilian Jiu Jitsu to individuals of all ability levels. He believes that everyone can benefit from the empowerment, the philosophy and discipline of martial arts.

John has been training in Jiu-jitsu for more than seven years and coaching for three years. John has also trained and competed in amateur boxing, kickboxing, MMA along with grappling tournaments. John's determination, dedication, and skill as an athlete are inspirational and wishes to share that with others.