



ADULT GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15 - 10:15 AM WOMEN'S ONLY FITNESS CLASS	9:15 - 10:15 AM WOMEN'S ONLY FITNESS CLASS	9:15 - 10:15 AM WOMEN'S ONLY FITNESS CLASS	9:15 - 10:15 AM WOMEN'S ONLY FITNESS CLASS	6:00 - 7:30 PM NO GI BRAZILIAN JIU JITSU	11:30 - 1:30 PM OPEN MAT
6:00 - 7:00 PM BRAZILIAN JIU JITSU	1:00 - 2:00 PM BRAZILIAN JIU JITSU	6:00 - 7:00 PM BRAZILIAN JIU JITSU	1:00 - 2:00 PM BRAZILIAN JIU JITSU SPAR.		
7:00 - 7:30 PM BRAZILIAN JIU JITSU SPAR.	6:00 - 7:30 PM BRAZILIAN JIU JITSU OPEN MAT	7:00 - 7:30 PM BRAZILIAN JIU JITSU SPAR.	6:00 - 7:30 PM BRAZILIAN JIU JITSU OPEN MAT		
7:30 - 8:30 PM MUAY THAI SPARRING	6:00 - 7:00 PM MODERN MUAY THAI	7:30 - 8:30 PM BJJ TEAM SPARRING	6:00 - 7:00 PM MODERN MUAY THAI		
	7:00 - 7:30 PM MODERN MUAY THAI SPAR.		7:00 - 7:30 PM MODERN MUAY THAI SPAR.		



KIDS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 - 4:30 PM BJJ 3-5 YRS OLD	1:30 - 2:30 PM HOMESCHOOL BJJ	4:00 - 4:30 PM BJJ 3-5YRS OLD	1:30 - 2:30 PM HOMESCHOOL MUAY THAI	5:00 - 6:30 PM COMPETITION INVITATION ONLY	
5:00 - 5:50 PM GI BJJ 5-9YRS OLD	4:00 - 4:30 PM MUAY THAI 3-5YRS OLD	5:00 - 5:50 PM GI BJJ 5-9YRS OLD	4:00 - 4:30 PM MUAY THAI 3-5YRS OLD		
5 - 5:50 PM NO GI BJJ 9-13YRS OLD	5:00 - 5:50 PM MUAY THAI 5-9YRS OLD	5:00 - 5:50 PM GI BJJ 9-13YRS OLD	5:00 - 5:50 PM MUAY THAI 5-9YRS OLD		
	5:00 - 5:50 PM MUAY THAI 9-13YRS OLD		5:00 - 5:50 PM SPARRING 9-13YRS OLD		

