



ADULT GROUP CLASS SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

**6 - 7:30 PM
BRAZILIAN
JIU - JITSU**

**6 - 7 PM
MODERN
MUAY THAI**

**6 - 7:30 PM
MODERN
MUAY THAI**

**6 - 7 PM
MODERN
MUAY THAI**

**6 - 7:30 PM
NO GI /
MIXED
MARTIAL
ARTS**

**7 - 8 PM
BRAZILIAN
JIU - JITSU**

**6:30 - 7:30 PM
WOMEN'S
B.J.J.**

**7 - 8 PM
WOMEN'S
KICKBOXING**

**7 - 8 PM
BRAZILIAN
JIU - JITSU**



KIDS GROUP CLASS SCHEDULE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

**4 - 4:30 PM
TOTS B.J.J.
AGES 3 - 5**

**4 - 4:30 PM
TOTS KBX
AGES 3 - 5**

**4 - 4:30 PM
TOTS B.J.J.
AGES 3 - 5**

**4 - 4:30 PM
TOTS KBX
AGES 3 - 5**

**5 - 5:50 PM
KIDS B.J.J.
AGES 5 - 9**

**5 - 5:50 PM
KIDS KBX
AGES 5 - 9**

**5 - 5:50 PM
KIDS B.J.J.
AGES 5 - 9**

**5 - 5:50 PM
KIDS KBX
AGES 5 - 9**

**6 - 7:30 PM
KIDS
COMPETITION
CLASS**

**6:10 - 7 PM
KIDS B.J.J.
AGES 9 - 13**

**6:10 - 7 PM
KIDS KBX
AGES 9 - 13**

**6:10 - 7 PM
KIDS B.J.J.
AGES 9 - 13**

**6:10 - 7 PM
KIDS KBX
AGES 9 - 13**