





# ADULT GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 - 2 PM BRAZILIAN JIU - JITSU GI		1 - 2 PM BRAZILIAN JIU - JITSU GI	
5:30 - 6 PM B.J.J. GI INTRO	5:30 - 6 PM MUAY THAI INTRO	5:30 - 6 PM B.J.J. GI INTRO	5:30 - 6 PM MUAY THAI INTRO	6 - 7:30 PM BRAZILIAN JIU - JITSU NO GI
5 - 5:30 PM FITNESS HIIT	6 - 7 PM MODERN MUAY THAI	6 - 7:30 PM BRAZILIAN JIU - JITSU GI / NO GI	6 - 7 PM MODERN MUAY THAI	
6 - 7:30 PM BRAZILIAN JIU - JITSU GI	7 - 7:30 PM FITNESS HIIT	7:30 - 8:30 PM HD TEAM SPARRING KBX GI NO GI	7 - 8 PM BRAZILIAN JIU - JITSU GI	
7:30 - 8:30 PM HD TEAM SPARRING KBX GI NO GI				

# KIDS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1:30 - 2:30 PM B.J.J. AGES 5 - 13		1:30 - 2:30 PM MUAY THAI AGES 5 - 13	
4 - 4:30 PM B.J.J. AGES 3 - 5	4 - 4:30 PM MUAY THAI AGES 3 - 5	4 - 4:30 PM B.J.J. AGES 3 - 5	4 - 4:30 PM MUAY THAI AGES 3 - 5	
5 - 5:50 PM B.J.J. AGES 5 - 9	5 - 5:50 PM MUAY THAI AGES 5 - 9	5 - 5:50 PM B.J.J. AGES 5 - 9	5 - 5:50 PM MUAY THAI AGES 5 - 9	5 - 6:30 PM KIDS COMPETITION CLASS
6:10 - 7 PM B.J.J. NO GI AGES 9 - 13	6:10 - 7 PM MUAY THAI AGES 9 - 13	6:10 - 7 PM B.J.J. NO GI AGES 9 - 13	6:10 - 7 PM M.M.A. AGES 9 - 13	