

CLASS SCHEDULE

| | MON. | TUE. | WED. | THU. | FRI | SAT |
|----------|-----------------------------|----------------------------|--------------------------------------------|----------------------------|-----------------------------|---------------------------------|
| 10:00 AM | ADULT JIU JITSU | INTRO TO JIU JITSU | NO GI ADULT JIU JITSU | INTRO TO JIU JITSU | ADULT JIU JITSU | KIDS JIU JITSU (AGES 4-12) |
| 10:00 AM | | MUAY THAI | | MUAY THAI | | |
| 11:00 AM | STRENGTH & CONDITIONING | | STRENGTH & CONDITIONING | | STRENGTH & CONDITIONING | MUAY THAI |
| 11:00 AM | | | | | | ADULT JIU JITSU |
| 12:00 PM | BOXING | MUAY THAI / BAG CLASS | BOXING | MUAY THAI / BAG CLASS | BOXING | PRO MMA CLASS (INVITATION ONLY) |
| 4:00 PM | KIDS MUAY THAI (AGES 4 -7) | KIDS JIU JITSU (AGES 4-7) | KIDS MUAY THAI (AGES 4 -7) | KIDS JIU JITSU (AGES 4-7) | KIDS MUAY THAI (AGES 4 -7) | |
| 5:00 PM | KIDS MUAY THAI (AGES 8 -12) | KIDS JIU JITSU (AGES 8-12) | KIDS MUAY THAI (AGES 8 -12) | KIDS JIU JITSU (AGES 8-12) | KIDS MUAY THAI (AGES 8 -12) | |
| 6:00 PM | WRESTLING (AGES 7-12) | NO GI ADULT JIU JITSU | STRENGTH & CONDITIONING | NO GI ADULT JIU JITSU | WRESTLING (AGES 7-12) | |
| 6:00 PM | ADULT JIU JITSU | | ADVANCED ADULT JIU JITSU (INVITATION ONLY) | | WRESTLING (ADULT) | |
| 7:30 PM | BOXING | MUAY THAI | BOXING | MUAY THAI | BOXING | |
| 8:30 PM | WRESTLING (ADULT) | SPARRING (INVITATION ONLY) | PRO MMA CLASS (INVITATION ONLY) | SPARRING (INVITATION ONLY) | | |

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