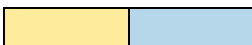


CLASS SCHEDULE

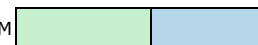
	MON.	TUE.	WED.	THU.	FRI	SAT			
10:00 AM	NO GI ADULT JIU JITSU	ADULT JIU JITSU	MUAY THAI	NO GI ADULT JIU JITSU	ADULT JIU JITSU	MUAY THAI	NO GI ADULT JIU JITSU	JUDO	KIDS JIU JITSU (AGES 4-9)
11:00 AM	STRENGTH & CONDITIONING	MUAY THAI / BAG CLASS	STRENGTH & CONDITIONING	MUAY THAI / BAG CLASS	STRENGTH & CONDITIONING	KIDS JIU JITSU (AGES 10-13)			
12:00 PM	BOXING	MUAY THAI	BOXING	MUAY THAI	BOXING	ADULT JIU JITSU	MUAY THAI		
1:00 PM						MMA CLASS (INVITATION ONLY)			
4:00 PM	KIDS MUAY THAI (AGES 4-7)	KIDS JIU JITSU (AGES 4-7)	KIDS BOXING (AGES 4-7)	KIDS JIU JITSU (AGES 4-7)	KIDS MUAY THAI (AGES 4-7)				
5:00 PM	KIDS MUAY THAI (AGES 8-13)	KIDS JIU JITSU (AGES 8-13)	KIDS BOXING (AGES 8-13)	KIDS JIU JITSU (AGES 8-13)	KIDS MUAY THAI (AGES 8-13)				
6:00 PM	NOGI JIU JITSU	ADULT JIU JITSU	NOGI JIU JITSU	ADULT JIU JITSU	ADULT JIU JITSU	KIDS SUBMISSION WRESTLING			
7:30 PM	BOXING	MUAY THAI	BOXING	MUAY THAI	BOXING				
8:30 PM	SUBMISSION WRESTLING (ADULT)	SPARRING (BIG GLOVES) (INVITATION ONLY)		SPARRING (BIG GLOVES) (INVITATION ONLY)					

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INCLUDED WITH GRAPPLING PROGRAM



INCLUDED WITH STRIKING PROGRAM



UPDATED ON 3/16/23