




CLASS SCHEDULE

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

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GRAPPLING		
STRIKING	