


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	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	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)	ADULT JIU JITSU (WOMEN ONLY)		
6:00 PM	SUBMISSION WRESTLING (AGES 8-13)	NO GI ADULT JIU JITSU	ADULT JIU JITSU		NO GI ADULT JIU JITSU	ADULT JIU JITSU		ADULT JIU JITSU	SUBMISSION WRESTLING (AGES 8-13)		
7:30 PM	BOXING		MUAY THAI		BOXING	MUAY THAI		BOXING			
8:30 PM	WRESTLING (ADULT)		SPARRING (BIG GLOVES) (INVITATION ONLY)			SPARRING (BIG GLOVES) (INVITATION ONLY)					

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INCLUDED WITH GRAPPLING PROGRAM

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