

# 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	CONDITIONING		CONDITIONING		CONDITIONING	MUAY THAI
11:00 AM	PRO MMA CLASS (INVITATION ONLY)	PRO MMA CLASS (INVITATION ONLY)	PRO MMA CLASS (INVITATION ONLY)	PRO MMA CLASS (INVITATION ONLY)	PRO MMA CLASS (INVITATION ONLY)	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 STRIKING (AGES 4-7)	KIDS JIU JITSU (AGES 4-7)	KIDS STRIKING (AGES 4 -7)	KIDS JIU JITSU (AGES 4-7)	KIDS STRIKING (AGES 4 -7)	
5:00 PM	KIDS STRIKING (AGES 8-12)	KIDS JIU JITSU (AGES 8-12)	KIDS STRIKING (AGES 8 -12)	KIDS JIU JITSU (AGES 8-12)	KIDS STRIKING (AGES 8 -12)	
6:00 PM	WRESTLING (AGES 7-12)	NO GI ADULT JIU JITSU	CONDITIONING	NO GI ADULT JIU JITSU	WRESTLING (AGES 7-12)	
6:00 PM	ADULT JIU JITSU		ADVANCED ADULT JIU JITSU (INVITATION ONLY)		ADULT JIU JITSU	
7:30 PM	BOXING	MUAY THAI	BOXING	MUAY THAI	BOXING	
8:30 PM		SPARRING (INVITATION ONLY)	ADULT WRESTLING	MUAY THAI / CLINCH CLASS		