





ADULT GROUP CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 - 5:30 PM HIIT CLASS	1:00 - 2:00 PM BRAZILIAN JIU JITSU	6:00 - 7:30 PM BRAZILIAN JIU JITSU	1:00 - 2:00 PM BRAZILIAN JIU JITSU	6:00 - 7:30 PM NOGI
6:00 - 7:30 PM BRAZILIAN JIU JITSU	6:00 - 7:00 PM MODERN MUAY THAI	7:30 - 8:30 PM OPEN SPARRING STUDENTS ONLY	6:00 - 7:00 PM MODERN MUAY THAI	
7:30 - 8:30 PM OPEN SPARRING STUDENTS ONLY	7:00 - 8:00 PM BRAZILIAN JIU JITSU		7:00 - 8:00 PM BRAZILIAN JIU JITSU	

KIDS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00 - 4:30 PM BJJ 3-5 YRS OLD	1:30 - 2:30 PM HOMESCHOOL BJJ	4:00 - 4:30 PM BJJ 3-5YRS OLD	1:30 - 2:30 PM HOMESCHOOL MUAY THAI	5:00 - 6:30 PM KIDS COMPETITION CLASS
5:00 - 5:50 PM BJJ 5-8YRS OLD	4:00 - 4:30 PM KICKBOXING 3-5YRS OLD	5:00 - 5:50 PM BJJ 5-8YRS OLD	4:00 - 4:30 PM KICKBOXING 3-5YRS OLD	
5 - 5:50 PM BJJ 9-13YRS OLD	5:00 - 5:50 PM KICKBOXING 5-8YRS OLD	5:00 - 5:50 PM BJJ 9-13YRS OLD	5:00 - 5:50 PM KICKBOXING 5-8YRS OLD	
	5:00 - 5:50 PM KICKBOXING 9-13YRS OLD		5:00 - 5:50 PM KICKBOXING 9-13YRS OLD	