


TRAINING SCHEDULE

ATTORLANDO.COM

407-930-2580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BJJ All levels 6-7		BJJ No-Gi 6-7			
					Kids Muay Thai 10-1045	BJJ All Levels 10-11
					BJJ All Levels 10-11	
Muay Thai All Levels 11-12		Muay Thai Bag and Pad 11-12			Muay Thai Bag and Pad 11-12	
BJJ All Levels 12-1	BJJ No-Gi 12-1	BJJ All levels 12-1	BJJ No-Gi 12-1	BJJ Sparring 12-1	Everyday Tactical 12-1	
Kids BJJ 5-550	Kids BJJ 5-550	Kids BJJ 5-550	Kids BJJ 5-550			
Muay Thai Fundamentals 6-7	Kids Muay Thai 6-640	MMA 5-6	Kids Muay Thai 6-640			
BJJ Blue Belt & Above 6-7	BJJ Fundamentals 6-7	BJJ Blue Belt & Above 6-7	BJJ All Levels 6-7	Muay Thai Sparring 545-630		
Muay Thai Int/Adv 7-8	Muay Thai Int/Adv 6-7	Muay Thai Fundamentals 6-7	BJJ No-Gi 7-8	BJJ Sparring 630-715		
BJJ Fundamentals 7-8	BJJ Blue Belt & Above 7-8	BJJ No-Gi 7-8	Muay Thai Bag and Pad 7-8			
BJJ No-Gi 8-9	Muay Thai Fundamentals 7-8	Muay Thai Bag and Pad 7-8				
MMA 8-9	BJJ No-Gi 8-9	BJJ Fundamentals 8-9	MMA 8-9			

Effective 1/9

Private lessons available!