

# TRAINING SCHEDULE

407-420-8373

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BJJ No-Gi 6-7	BJJ All Levels 6-7	BJJ No-Gi 6-7	BJJ All Levels 6-7	BJJ All Levels 6-7		
Open Mat Sparring/Drilling 7-8	BJJ No-Gi 7-8	Open Mat Sparring/Drilling 7-8	BJJ No-Gi 7-8	Open Mat Sparring/Drilling 7-8		
					Kids No-Gi All Ages 10-1050	
					Kids Muay Thai 11-1140	BJJ All levels 10-11
Muay Thai All Levels 11-12		BJJ No-Gi 11-12			BJJ No-Gi 11-12	
BJJ Fundamentals 11-12	Muay Thai All Levels 11-12	BJJ Fundamentals 12-1	BJJ All Levels 11-12		BJJ Fundamentals 12-1	
BJJ No-Gi 12-1	BJJ All Levels 12-1	Muay Thai All Levels 12-1	Muay Thai All Levels 12-1	BJJ No-Gi Sparring 12-1	Muay Thai Bag and Pad 12-1	
Kids BJJ 5-550	Kids BJJ 5-550	Kids BJJ 5-550	Kids BJJ 5-550			
Kids Muay Thai 6-640		Kids Muay Thai 6-640				
Conditioning for Combat Sports 530-6		Fight Team Training 515-615				
*BJJ Blue Belt & above 6-7	Muay Thai Bag and Pad 6-7	Conditioning for Combat Sports 615-645	Competiton Training (No-Gi) 6-7	Muay Thai Sparring 545-645		
Muay Thai Fundamentals 6-7	BJJ No Gi 6-645	BJJ Fundamentals 6-7	Muay Thai Bag and Pad 6-7	BJJ Sparring 645-745		
BJJ No-Gi 7-8	Competiton Training (No-Gi) 645-730	Muay Thai Bag and Pad 7-8	BJJ All Levels 7-8			
Muay Thai Int/Adv 7-8	Muay Thai Fundamentals 7-8	BJJ No-Gi 7-8	Muay Thai Int/Adv 7-8			
BJJ Fundamentals 8-9	BJJ Fundamentals 730-815	*BJJ Blue Belt & above 8-9	*MMA 8-9			
*MMA 8-9	BJJ Sparring 815-9	Muay Thai Fundamentals 8-9				



Private lessons available!

Effective 8/27/23