

Training Schedule

attorlando.com

407-930-2580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BJJ All levels 6-7		BJJ All levels 6-7			
					Kids BJJ 10-1050	BJJ All levels 10-11
Muay Thai Bag and Pad 11-1	BJJ Fundamentals 11-12	Muay Thai All Levels 11-12	BJJ Fundamentals 11-12	Muay Thai Sparring 11-12	BJJ All Levels 11-12	
BJJ Int/Adv 12-1	BJJ No-Gi 12-1	BJJ Int/Adv 12-1	BJJ No-Gi 12-1	BJJ No-Gi Sparring 12-1	Muay Thai Bag and Pad 12-1	
Kids Kickboxing 5-545	Kids BJJ (4-6) 5-545	Kids Kickboxing 5-545	Kids BJJ (4-6) 5-545			
	Kids BJJ (7-12) 5-550		Kids BJJ (7-12) 5-550			
BJJ Int/Adv 6-7	BJJ All Levels 6-7	BJJ Int/Adv 6-7	BJJ No-Gi 6-7	BJJ Sparring 6-7		
Muay Thai Fundamentals 6-7		Muay Thai Int/Adv 6-7	Muay Thai Pad Training 6-7			
BJJ Fundamentals 7-8	Muay Thai Pad Training 7-8	BJJ No-Gi 7-8	BJJ All Levels 7-8		 <p>Private lessons available!</p>	
Muay Thai Int/Adv 7-8	BJJ No-Gi 7-8	Muay Thai Fundamentals 7-8	MMA 7-8			
BJJ No-Gi 8-9	MMA 8-9	BJJ Fundamentals 8-9	Muay Thai *Sparring 8-9			

*Must be Int/Adv or have instructors permission to take this class

Effective 4/7