


Summer Training Schedule

attorlando.com

407-420-8373

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BJJ 6-7		BJJ 6-7			
					Kids No-Gi 10-1050	BJJ 10-11
					Muay Thai Bag and Pad 11-12	
Muay Thai 11-12		Muay Thai 11-12		BJJ Sparring 11-12	No-Gi 11-12	
BJJ 12-1	BJJ No-Gi 12-1	BJJ 12-1	BJJ No-Gi 12-1		BJJ 12-1	
Kids BJJ 5-550	Kids BJJ 5-550	Kids Muay Thai 5-545	Kids BJJ 5-550			
MMA 530-630		MMA 530-630		BJJ Sparring 530-615		
BJJ No-Gi 630-730	Muay Thai 630-730	BJJ 630-730	Muay Thai 630-730	BJJ No-Gi Sparring 615-700		
Muay Thai 630-730	BJJ 630-730	Muay Thai 730-830	BJJ No-Gi 630-730			
BJJ 730-830	Muay Thai Sparring 730-830	BJJ No-Gi 730-830	BJJ 730-830			
	BJJ No-Gi 730-830					



Private lessons available!