

Training Schedule

attorlando.com

407-930-2580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BJJ 6-7		BJJ 6-7			
					Kids No-Gi 10-1050	BJJ 10-11
					BJJ Int/Adv 10-11	
Muay Thai 11-12		Muay Thai 11-12			Muay Thai Bag and Pad 11-12	
BJJ 12-1	BJJ No-Gi 12-1	BJJ 12-1	BJJ No-Gi 12-1	BJJ Sparring 12-1	BJJ Fundamentals 12-1	
Kids BJJ 5-550	Kids BJJ 5-550	Kids Muay Thai 5-545	Kids BJJ 5-550			
MMA 5-6	BJJ Fundamentals 5-6		MMA 5-6	BJJ Fundamentals 545-630		
Muay Thai Fundamentals 6-7	Muay Thai Fundamentals 6-7	BJJ Int/Adv 6-7	Muay Thai Sparring 6-7	BJJ No-Gi Sparring 630-715		
BJJ Int/Adv 6-7	BJJ No-Gi 6-7	Muay Thai Int/Adv 6-7	BJJ No-Gi 6-7			
Muay Thai Int/Adv 7-8	Muay Thai Sparring 7-8	BJJ No-Gi 7-8	BJJ Int/Adv 7-8			
BJJ No-Gi 7-8	BJJ Int/Adv 7-8	Muay Thai Fundamentals 7-8	Muay Thai Bad & Pad 7-8			
BJJ Fundamentals 8-9			BJJ Fundamentals 8-9			Private lessons available!

