

Training Schedule

attorlando.com

407-420-8373

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BJJ 6-7		BJJ 6-7			
					Kids BJJ 10-1050	BJJ All Levels 10-11
					No-Gi 11-12	
Muay Thai 11-12		BJJ 11-12		BJJ Sparring 11-12	Muay Thai Bag and Pad 12-1	
BJJ 12-1	BJJ No-Gi 12-1	Muay Thai 12-1	BJJ No-Gi 12-1	MMA 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		Muay Thai Sparring 530-630		
BJJ No-Gi 630-730	BJJ 630-730	BJJ 630-730	Muay Thai Bag and Pad 630-730	BJJ No-Gi Sparring 630-715	 Private lessons available!	
Muay Thai Technique 630-730	Muay Thai Sparring 630-730	Muay Thai Technique 630-730	BJJ No-Gi 630-730			
BJJ 730-830	Muay Thai Bag and Pad 730-830	BJJ No-Gi 730-830	MMA 730-830			
	BJJ No-Gi 730-830		BJJ 730-830			