


Training Schedule

407-420-8373

attorlando.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Jiu Jitsu All Levels 6-7		Jiu Jitsu All Levels 6-7		Kids Jiu Jitsu 10-1050	
					Everyday Tactical 1015-11	
					Kids Muay Thai 11-1145	Jiu Jitsu All Levels 10-11
					Jiu Jitsu Fundamentals 11-12	
	Muay Thai All Levels 11-12		Muay Thai All Levels 11-12	Muay Thai Bag & Pad 11-12	Muay Thai Bag & Pad 12-1	
Jiu Jitsu All Levels 12-1	Jiu Jitsu No Gi 12-1	Jiu Jitsu All Levels 12-1	Jiu Jitsu No Gi 12-1	Jiu Jitsu Sparring 12-1	Jiu Jitsu No-Gi Sparring 12-1	
Kids Jiu Jitsu 5-545	Kids Jiu Jitsu 5-550	Kids Muay Thai 5-545	Kids Jiu Jitsu 5-550			
Conditioning for Combat Sports 530-600	MMA 530-615	Conditioning for Combat Sports 530-600	MMA 530-615			
Jiu Jitsu Int/Adv 6-7	Jiu Jitsu All Levels 6-7	Jiu Jitsu Int/Adv 6-7	Jiu Jitsu No-Gi 6-7			
Muay Thai Fundamentals 6-7	Muay Thai Sparring 615-7	Muay Thai Int/Adv 6-7	Muay Thai Sparring 615-7	Jiu Jitsu No-Gi Sparring 6-7	Jiu Jitsu Sparring 6-7	
Jiu Jitsu No-Gi 7-8	Jiu Jitsu No-Gi Competition 7-8	Jiu Jitsu No-Gi 7-8	Jiu Jitsu All Levels 7-8			
Muay Thai Int/Adv 7-8	Muay Thai Bag and Pad 7-8	Muay Thai Fundamentals 7-8	Muay Thai Bag and Pad 7-8			
Jiu Jitsu Fundamentals 8-9		Jiu Jitsu Fundamentals 8-9				