


Holiday Training Schedule



attorlando.com

407-930-2580

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BJJ All levels 6-7		BJJ All levels 6-7			
						BJJ All levels 10-11
					Kids No-Gi 10-1050	
				BJJ Sparring 11-12	BJJ All Levels 11-12	
BJJ All Levels 12-1	Muay Thai All Levels 12-1	BJJ No-Gi 12-1	Muay Thai All Levels 12-1	MMA 12-1	Muay Thai Bag and Pad 12-1	
Kids BJJ 5-550	Kids BJJ 5-550	Kids Muay Thai 5-545	Kids BJJ 5-550			
BJJ 6-7	BJJ No-Gi 6-7	BJJ 6-7	BJJ No-Gi 6-7	No-Gi Sparring 6-7		
BJJ No-Gi 7-8	Muay Thai 6-7	BJJ No-Gi 7-8	BJJ 7-8			
Muay Thai 7-8	BJJ 7-8	Muay Thai 7-8	Muay Thai Bag and Pad 7-8			
	Muay Thai Sparring 7-8					

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

Effective 12/1

Private lessons available!