

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	BJJ All Levels 6-7		BJJ All Levels 6-7			
					Kids BJJ 10-1050	
					Kids Muay Thai 11-1045	BJJ 10-11
					BJJ Fundamentals 11-12	
	Muay Thai All Levels 11-12		Muay Thai All Levels 11-12	Muay Thai Bag and Pad 11-12	Competiton Training (No-Gi) 12-1	
BJJ 12-1	BJJ No-Gi 12-1	BJJ 12-1	BJJ No-Gi 12-1	BJJ Sparring 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			
Conditioning for Combat Sports 530-6	BJJ Fundamentals 6-7	Conditioning for Combat Sports 530-6		BJJ Sparring 6-7		
BJJ Int/Adv 6-7	*Muay Thai Int/Adv 6-7	BJJ Int/Adv 6-7	*MMA 6-7		BJJ/No-Gi Sparring 6-7	
Muay Thai Fundamentals 6-7	BJJ No-Gi 7-8	Muay Thai Fundamentals 6-7	Muay Thai Bag and Pad 6-7			
BJJ No-Gi 7-8	Muay Thai Fundamentals 7-8	BJJ No-Gi 7-8	BJJ 7-8			
*Muay Thai Int/Adv 7-8	BJJ Int/Adv 8-9	Muay Thai *Sparring 7-8				
BJJ Fundamentals 8-9		BJJ Fundamentals 8-9				
*MMA 8-9						



\*Must be int/adv to take these classes.

You must have the right equipment to take class