


# Training Schedule

attorlando.com

407-930-2580



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>BJJ All levels 6-7</b>		<b>BJJ No-Gi 6-7</b>			
					<b>Kids Kickboxing 10-1045</b>	<b>BJJ All levels 10-11</b>
					<b>BJJ All Levels 10-11</b>	
<b>Muay Thai All Levels 11-1</b>		<b>Muay Thai Bag and Pad 11-12</b>			<b>Muay Thai Bag and Pad 11-12</b>	
<b>BJJ All Levels 12-1</b>	<b>BJJ No-Gi 12-1</b>	<b>BJJ Int/Adv 12-1</b>	<b>BJJ No-Gi 12-1</b>	<b>BJJ Int/Adv 12-1</b>	<b>Everyday Tactical 12-1</b>	
<b>Kids BJJ 5-550</b>	<b>Kids BJJ 5-550</b>	<b>Kids (No-Gi) BJJ 5-545</b>	<b>Kids BJJ 5-550</b>			
<b>BJJ Blue Belt &amp; above 6-7</b>	<b>Kids Kickboxing 6-640</b>	<b>*MMA 5-6</b>	<b>Kids Kickboxing 6-640</b>	<b>*Muay Thai Sparring 545=630</b>		
<b>Muay Thai Fundamentals 6-7</b>	<b>BJJ Fundamentals 6-7</b>	<b>BJJ Blue Belt &amp; above 6-7</b>	<b>BJJ No-Gi 6-7</b>	<b>BJJ Sparring 630-715</b>		
<b>BJJ No-Gi 7-8</b>	<b>Muay Thai Int/Adv 6-7</b>	<b>Muay Thai Fundamentals 6-7</b>	<b>Muay Thai Pad Training 7-8</b>			
<b>Muay Thai Int/Adv 7-8</b>	<b>Muay Thai Fundamentals 7-8</b>	<b>BJJ No-Gi 7-8</b>	<b>BJJ All Levels 7-8</b>		 <p><b>Private lessons available!</b></p>	
<b>BJJ Fundamentals 8-9</b>	<b>BJJ Blue Belt &amp; above 7-8</b>	<b>Muay Thai Bag and Pad 7-8</b>	<b>*MMA 8-9</b>			
<b>*MMA 8-9</b>	<b>BJJ No-Gi 8-9</b>	<b>BJJ Fundamentals 8-9</b>				

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

Effective 2/6