


# Training Schedule

attorlando.com

407-930-2580

| MONDAY                           | TUESDAY                          | WEDNESDAY                        | THURSDAY                        | FRIDAY                   | SATURDAY  | SUNDAY                     |
|----------------------------------|----------------------------------|----------------------------------|---------------------------------|--------------------------|---|----------------------------|
|                                  | BJJ<br>All levels<br>6-7         |                                  | BJJ<br>All levels<br>6-7        |                          | Kids<br>No-Gi<br>10-1050  |                            |
|                                  |                                  |                                  |                                 |                          | BJJ<br>Fundamentals<br>10-11  | BJJ<br>All levels<br>10-11 |
|                                  |                                  |                                  |                                 |                          | Muay Thai<br>Bag and Pad<br>11-12   |                            |
|                                  |                                  |                                  |                                 | BJJ<br>Sparring<br>11-12 | BJJ<br>*Int/Adv<br>11-12  |                            |
| BJJ<br>All Levels<br>12-1        | Muay Thai<br>All Levels<br>12-1  | BJJ<br>No-Gi<br>12-1             | Muay Thai<br>All Levels<br>12-1 | MMA<br>12-1              | Muay Thai<br>Sparring<br>12-1   |                            |
| Kids<br>BJJ<br>5-550             | Kids<br>BJJ<br>5-550             | Kids<br>Muay Thai<br>5-545       | Kids<br>BJJ<br>5-550            |                          |   |                            |
| MMA<br>5-6                       |                                  |                                  | BJJ<br>No-Gi<br>5-6             |                          |   |                            |
| BJJ<br>*Int/Adv<br>6-7           | BJJ<br>No-Gi<br>6-7              | BJJ<br>Fundamentals<br>6-7       | BJJ<br>Fundamentals<br>6-7      | No-Gi<br>Sparring<br>6-7 |  <p>Private lessons available!</p> |                            |
| Muay Thai<br>Fundamentals<br>6-7 | Muay Thai<br>Fundamentals<br>6-7 | *Muay Thai<br>Int/Adv<br>6-7     | MMA<br>6-7                      |                          |   |                            |
| BJJ<br>No-Gi<br>7-8              | BJJ<br>Int/Adv<br>7-8            | BJJ<br>No-Gi<br>7-8              | BJJ<br>Int/Adv<br>7-8           |                          |   |                            |
| *Muay Thai<br>Int/Adv<br>7-8     | Muay Thai<br>Sparring<br>7-8     | Muay Thai<br>Fundamentals<br>7-8 | Muay Thai<br>Bag and Pad<br>7-8 |                          |   |                            |
| BJJ<br>Fundamentals<br>8-9       | BJJ<br>Fundamentals<br>8-9       | BJJ<br>*Int/Adv<br>8-9           |                                 |                          |   |                            |

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

Effective 1/3