

## Kids Classes

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parents and Me						9:30am
Kids BJJ (3-6)		4:00pm		4:00pm		
Juniors BJJ (7-9)	5:30pm	4:30pm	5:30pm	4:30pm		
Teens BJJ (10-14)	4:30pm	5:30pm	4:30pm	5:30pm		
Competition Class (Jrs and Teens) (Invite Only)					*5:30pm	
Kids MMA (Invite Only)					4:30pm	
Kids No Gi		6:30pm		6:30pm		

\***Black Belt Club:** Only Students that have been invited

## Adult Classes

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamentals BJJ	6:30pm		6:30pm			10:00 am
Advanced BJJ	6:30pm	5:30pm	6:30pm	5:30pm		
All Level BJJ		12:00pm		12:00pm		
Advanced BJJ Open Mat NO-GI/GI	7:30pm	1:00pm 7:30pm	7:30pm	1:00pm 7:30pm	6:30pm	11:00am
MMA Special Open Mat	7:30pm		7:30pm			
ADVANCED No Gi BJJ		6:30pm		6:30pm		
Kettlebells & Conditioning	8:00am 5:30pm		8:00am 5:30pm		8:00am 5:30pm	
Muay Thai Kickboxing	12:00pm 7:30pm	6:30pm	7:30pm	6:30pm	12:00pm	
Muay Thai Kickboxing & Fitness Bootcamp						9:00am