

Effective date: May
16th, 2022



Epic Fight & Fitness Academy

Ages
Little Ninjas: 4-5
Youth Marital Arts: 6-16
Adult Kickboxing/BJJ: 18 & up

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED						
	GI Little Ninjas 4:30-5:00p	GI Little Ninjas 4:30-5:00p	GI Little Ninjas 4:30-5:00p			NO GI/GI Select Team BJJ 9:00-10:00a
	GI Youth BJJ Karate 5:00-5:50p	NO GI/GI Select Team BJJ 5:15-6:15p	GI Youth BJJ Karate 5:00-5:50p	NO GI/GI Select Team BJJ 5:15-6:15p	GI Youth BJJ Karate 5:00-5:50p	*Open Mat times will be posted in the Students Only
	Adult Kickboxing MMA 6:00-7:00p	GI Adult BJJ 6:30-8:00p	Adult Kickboxing MMA 6:00-7:00p	GI Adult BJJ 6:30-8:00p	Adult Kickboxing GI BJJ Rounds 6:00-7:00p	
	NO GI Adult BJJ 7:00-8:00p	Kickboxing Open Mat 6:30-7:30	NO GI Adult BJJ 7:00-8:00p	Kickboxing Open Mat 6:30-7:30		