



Pasadena

8579 Ft. Smallwood Rd. Pasadena, MD 21122

Adult BJJ	Kids BJJ & Kickboxing
Boxing & Kickboxing	Fight Fit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5-6am FF w/Jess	5-6am FF w/Rob G.	5-6am FF w/Jess	5-6am FF w/Rob G.	5-6am FF w/Jess	9-10am Boxing w/Wayde
	6-7am All-levels BJJ w/Rich Semides	5-5:45pm Kids BJJ w/VJ	6-7am All-levels BJJ w/Rich Semides	5-5:45pm Kids BJJ w/VJ	6-7am All-levels BJJ w/Rich Semides	9-10am Fundamentals BJJ w/Genaro
	5-6pm FF w/Ana	6-7pm FF w/Ana	5-6pm FF w/Ana	6-7pm FF w/Ana	6:30-8pm All-levels BJJ w/Genaro	10-11am No-gi BJJ w/Genaro
	6-6:50 Women's Only BJJ w/Genaro	7-8pm All-levels BJJ w/VJ	6-6:50 Women's Only BJJ w/Genaro	7-8pm All-levels BJJ w/VJ		
	6-7pm Muay Thai Striking All-levels w/Gordy		6-7pm Muay Thai Striking All-levels w/Gordy			
	7-8pm Fundamentals BJJ w/Genaro		7-8pm Fundamentals BJJ w/Genaro			