

Pure Mixed Martial Arts Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Levels Gi Jiu Jitsu 6:30am - 7:30am (Gray Mat)		All Levels NoGi Jiu Jitsu 6:30am - 7:30am (Gray Mat)		All Levels NoGi Jiu Jitsu 6:30am - 7:30am (Gray Mat)	Advanced NoGi Open Mat 8:00am - 9:00am (Gray Mat)
						Kids NoGi Jiu Jitsu 9:00am - 9:45am (Red/Gray Mat)
						Teens/Adults Karate 9:15am - 10:00am (Red/Gray Mat)
						Kids Karate Tiny Tigers 10:00am - 10:30am (Gray Mat)
						Kids Karate Super Junior 10:45am - 11:30am (Gray Mat)
						Muay Thai Kickboxing 11:00am - 12:00pm (Red/Gray Mat)
Muay Thai Kickboxing 11:00am - 12:00pm (Red/Gray Mat)	Expert NoGi Open Mat 11:00am - 12:00pm (Gray Mat)	Muay Thai Kickboxing 11:00am - 12:00pm (Red/Gray Mat)		Muay Thai Kickboxing 11:00am - 12:00pm (Red/Gray Mat)		
All Levels NoGi Jiu Jitsu 12:00pm - 1:00pm (Gray Mat)	All Levels Gi Jiu Jitsu 12:00pm - 1:00pm (Gray Mat)	All Levels NoGi Jiu Jitsu 12:00pm - 1:00pm (Gray Mat)	All Levels Gi Jiu Jitsu 12:00pm - 1:00pm (Gray Mat)	All Levels NoGi Jiu Jitsu 12:00pm - 1:00pm (Gray Mat)	All Levels Gi Jiu Jitsu 12:00pm - 1:00pm (Gray Mat)	All Levels Gi Jiu Jitsu 12:00pm - 1:00pm (Gray Mat)
	Kids Karate Super Junior 3:45pm - 4:30pm (Red/Gray Mat)			Kids Karate Tiny Tigers 4:30pm - 5:00pm (Red/Gray Mat)		
	Kids Karate Tiny Tigers 4:30pm - 5:00pm (Red/Gray Mat)	Super Junior (White Belt) 5:00pm - 5:45pm (Red/Gray Mat)	Kids Karate Super Junior 3:45pm - 4:30pm (Red/Gray Mat)	Super Junior (White Belt) 5:00pm - 5:45pm (Red/Gray Mat)		
	Kids Karate Super Junior 5:00pm - 5:45pm (Red/Gray Mat)	Super Junior (Yellow & Up) 5:45pm - 6:30pm (Red/Gray Mat)	Kids Karate Tiny Tigers 4:30pm - 5:00pm (Red/Gray Mat)	Super Junior (Yellow & Up) 5:45pm - 6:30pm (Red/Gray Mat)		
	Teens/Adults Karate 5:45pm - 6:30pm (Red/Gray Mat)	Super Junior (Green & Up) 6:30pm - 7:15pm (Red/Gray Mat)	Kids Karate Super Junior 5:00pm - 5:45pm (Red/Gray Mat)	Kids Jiu Jitsu (3-5 yrs) 4:45pm - 5:25pm (Gray Mat)		
	Kids Jiu Jitsu 5:30pm - 6:30pm (Gray Mat)	Kids Jiu Jitsu (3-5 yrs) 4:45pm - 5:25pm (Gray Mat)	Teens/Adults Karate 5:45pm - 6:30pm (Red/Gray Mat)	Kids Jiu Jitsu (5-13 yrs) 5:30pm - 6:30pm (Gray Mat)		
	Women's NoGi Jiu Jitsu 6:30pm - 7:30PM (Red/Gray Mat)	Kids Jiu Jitsu (5-13 yrs) 5:30pm - 6:30pm (Gray Mat)	Kids Jiu Jitsu 5:30pm - 6:30pm (Gray Mat)	Women's Gi Jiu Jitsu 6:30pm - 7:30PM (Red/Gray Mat)		
	All Levels Gi Jiu Jitsu 6:30pm - 7:30pm (Gray Mat)	Advanced Gi Jiu Jitsu 6:30pm - 7:30pm (Gray Mat)	All Levels NoGi Jiu Jitsu 6:30pm - 7:30pm (Gray Mat)	Advanced Gi Jiu Jitsu 6:30pm - 7:30pm (Gray Mat)	Muay Thai Kickboxing 6:00pm - 7:00pm (Red/Gray Mat)	
	All Levels NoGi Jiu Jitsu 7:30pm - 8:30pm (Gray Mat)	Beginners Gi Jiu Jitsu 7:30pm - 8:30pm (Gray Mat)	Muay Thai Fundamentals 6:45pm - 7:30pm (Red/Gray Mat)	Beginners Gi Jiu Jitsu 7:30pm - 8:30pm (Gray Mat)	All Levels NoGi Jiu Jitsu 7:00pm - 8:00pm (Gray Mat)	
	Muay Thai Kickboxing 7:30pm - 8:30pm (Red/Gray Mat)	Muay Thai Kickboxing 7:30pm - 8:30pm (Red/Gray Mat)	Muay Thai Kickboxing 7:30pm - 8:15pm (Red/Gray Mat)	Muay Thai Kickboxing 7:30pm - 8:30pm (Red/Gray Mat)		
		Muay Thai Sparring 8:30pm - 9:00pm (Red/Gray Mat)	Muay Thai Sparring 8:15pm - 8:45pm (Red/Gray Mat)	Muay Thai Sparring 8:30pm - 9:00pm (Red/Gray Mat)		

Tiny Tigers Karate: 3-5 yrs old

Super Junior Karate: 6-13 yrs old

Kids Jiu Jitsu: 4-13 yrs old (unless specified 3-5)

Advanced Jiu Jitsu: 3 Stripe White Belt & up

Expert NoGi: 3 Stripe Blue Belt & Up or Expert Competitor

Muay Thai Sparring: Minimum 2 Months Muay Thai Experience

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