



Pasadena

8579 Ft. Smallwood Rd. Pasadena, MD 21122

Adult BJJ	Kids BJJ
Boxing & Kickboxing	Fight Fit

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5-6am Fight Fit w/Jess	5-6am Fight Fit w/Rob G.	5-6am Fight Fit w/Jess	5-6am Fight Fit w/Rob G.	5-6am Fight Fit w/Jess	9-10am Boxing w/Wayde
	6-7am All-levels BJJ w/Rich Semides	12-1pm No-Gi BJJ w/Genaro	6-7am All-levels BJJ w/Rich Semides	12-1pm BJJ w/Genaro	6-7am All-levels No-Gi BJJ w/Rich Semides	9-10am BJJ Fundamentals w/Genaro
	5-6pm Fight Fit w/Ana	5-5:45pm Kids BJJ w/VJ	5-6pm Fight Fit w/Ana	5-5:45pm Kids BJJ w/VJ	6:30-8pm All-levels BJJ w/Genaro	10-11am No-gi BJJ w/Genaro
	6-6:50 Women's Only BJJ w/Genaro	6-7pm Fight Fit w/Ana	5-6pm Kids No-Gi BJJ w/VJ	6-7pm Fight Fit w/Ana		
	6-7pm Muay Thai Striking All-levels w/Gordy	7-8pm All-levels BJJ w/VJ	6-6:50 Women's Only BJJ w/Genaro	7-8pm All-levels BJJ w/VJ		
	7-8pm BJJ Fundamentals w/Genaro		6-7pm Muay Thai Striking All-levels w/Gordy	8-9pm All-levels No-Gi BJJ w/VJ		
			7-8pm BJJ Fundamentals w/Genaro			