



# Martial Arts and More Wilmington

martialartswilmingtonnc.com

CLASS SCHEDULE April 2024

910 619 6168

**A-Curriculum**


**B-Application**

**C-Specialty**

**School T-Shirt ok**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult Muay Thai 8am		Adult Muay Thai 8am		Adult Muay Thai 10am
	Adult BJJ 9:30am		Adult BJJ 9:30am		All Ages Kids BJJ No Gi 10am
Lil Champs Muay Thai 4:45pm	Big Kids Muay Thai 4:45pm	Lil Champs Muay Thai <u>Sparring Gear Req.</u> 4:45pm	Big Kids Muay Thai <u>Sparring Gear Req.</u> 4:45pm		All Ages Kids Muay Thai 11:15am
Lil Champs BJJ 5:30pm	Big Kids BJJ 5:30pm	Lil Champs BJJ 5:30pm	Big Kids BJJ 5:30pm	Black Belt Club Kids/Adults Sparring 5:30pm	Adult BJJ No Gi 11:15am
Adult Muay Thai 6:15pm	Adult Muay Thai 6:15pm	Adult Muay Thai 6:15pm	Adult Muay Thai 6:15pm	Black Belt Club Kicks and Tricks 6:15pm	Black Belt Club Kids MMA 12:30pm
Adult BJJ Fundamentals 6:15pm	Adult BJJ Fundamentals 6:15pm	Adult BJJ Fundamentals 6:15pm	Adult BJJ Fundamentals 6:15pm	Black Belt Club Adult BJJ Comp Class 6:15pm	Black Belt Club Adult MMA 12:30pm
Adult Muay Thai Adv. 7:15pm	Adult Muay Thai Adv. 7:15pm	Adult Muay Thai Adv. 7:15pm	Adult Muay Thai Adv. 7:15pm	Open Mat 7pm	
Adult BJJ No Gi Adv. 7:15pm	Adult BJJ Gi Adv. 7:15pm	Adult BJJ Gi Adv. 7:15pm	Adult BJJ Gi Adv. 7:15pm		

 Basic 2 Classes/wk

 Black Belt Club 3 Classes/wk

 Masters Club Unlimited Classes

\*Yoga Mobility Offered on Sunday at 9am

See Coach Zach for Details!