



ADULT & TEEN SCHEDULE

(As of 11/19/24)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM-7:00 AM	BJJ FUNDAMENTALS	KICKBOXING & FITNESS	BJJ FUNDAMENTALS	KICKBOXING & FITNESS	NO-GI BJJ FUNDAMENTALS	<u>10:30AM-11:30AM</u> BJJ ALL LEVELS
7:00 AM-8:00 AM	KICKBOXING & FITNESS	NO-GI BJJ FUNDAMENTALS	KICKBOXING & FITNESS	BJJ FUNDAMENTALS	KICKBOXING & FITNESS	<u>10:30AM-11:30AM</u> KICKBOXING & FITNESS
		<u>9:15 AM -10:15 AM</u> NO-GI BJJ FUNDAMENTALS		<u>9:15 AM -10:15 AM</u> BJJ FUNDAMENTALS	<u>5:15 PM - 6:15 PM</u> Women's BJJ	Sunday
6:15-7:15 PM	BJJ Introductory	NO-GI BJJ ADVANCED (Ends at 7:30pm)	BJJ Introductory	NO-GI BJJ ADVANCED (Ends at 7:30pm)	BJJ FUNDAMENTALS	<u>10:30AM-11:30AM</u> NO-GI BJJ ALL LEVELS
	TECHNICAL SPARRING <i>All Gear Mandatory</i>	<u>6:30 PM -7:30 PM</u> KICKBOXING & FITNESS	TECHNICAL SPARRING <i>All Gear Mandatory</i>	<u>6:30 PM -7:30 PM</u> KICKBOXING & FITNESS	KICKBOXING & FITNESS	MONDAY-SUNDAY Private Lessons or Small Group Training is Available by Appointment. See a Staff Member to Reserve!
7:30-8:30 PM	NO-GI BJJ FUNDAMENTALS	WRESTLING	NO-GI BJJ FUNDAMENTALS	<u>7:30 PM -8:15 PM</u> BEGINNER SPARRING DRILLS <i>All Gear Mandatory</i>		
	KICKBOXING & FITNESS	<u>7:30 PM -8:15 PM</u> BEGINNER SPARRING DRILLS <i>All Gear Mandatory</i>	KICKBOXING & FITNESS			

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