



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	12-1pm No-Gi BJJ w/Genaro	5-6am Fight Fit w/Jess	12-1pm BJJ w/Genaro	5-6am Fight Fit w/Jess	9-10am Boxing w/Ryan Leone	
6-7am All-levels BJJ w/Rich Semides	5-5:50pm Kids BJJ (Ages 4-15) w/Gabe	6-7am All-levels BJJ w/Rich Semides	5-5:50pm Kids BJJ (Ages 4-15) w/Gabe	6-7am All-levels No-Gi BJJ w/Rich Semides	9-10am BJJ Fundamentals w/Genaro	
5-6pm Fight Fit w/Kristy	6-7pm Fight Fit w/Ana	5-6pm Fight Fit w/Rachael	6-7pm Fight Fit 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	5-5:45pm Kids No-Gi BJJ (Ages 7-15) w/JayDee	7-8pm All-levels BJJ w/VJ			
7-8pm BJJ Fundamentals w/Genaro		6-6:50 Women's Only BJJ w/Genaro				
		7-8pm BJJ Fundamentals w/Genaro				