



# Kent Island

222 Shopping Center Rd. Stevensville, MD 21666

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**Adult BJJ**

**Kids BJJ/Striking**

**Boxing & Kickboxing**

6-7am All-levels BJJ w/VJ

5-5:45pm Kids Striking w/Ryan Voss

6-7am All-levels BJJ w/VJ

5-5:45pm Kids BJJ w/Ryan Voss

9-10am Adult MMA w/Ryan Voss

5:45pm Kids BJJ w/Gabe

6-7pm Adult MMA w/Ryan Voss

5-5:45pm Kids BJJ w/Gabe

6-7pm No-gi BJJ w/Dylan

10-11am No-gi BJJ w/VJ

7-8pm All-levels BJJ w/VJ

7-8pm Adult MMA w/Ryan Voss

6-7pm Adult Boxing w/Rick

7:10-8:10pm All-levels BJJ w/VJ