



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
	5-6pm Fight Fit w/Kristy	5-5:50pm Kids BJJ (Ages 4-15) w/Gabe	5-6pm Fight Fit w/Rachael	5-5:50pm Kids BJJ (Ages 4-15) w/Gabe	6:30-8pm All-levels No-Gi BJJ w/Genaro	9-10am BJJ Fundamentals w/Genaro
	6-6:50 Women's Only BJJ w/Genaro	6-7pm Fight Fit w/Ana	5-5:45pm Kids No-Gi BJJ (Ages 7-15) w/JayDee	6-7pm Fight Fit w/Ana		10-11am No-gi BJJ w/Genaro
	7-8pm All-levels No-Gi BJJ w/Genaro	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			