CLASS SCHEDULE
SMASH BJJ - VALLEY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 am- 07:00 am	Adult Gi Jiu-Jitsu	Adult Gi Jiu-Jitsu	Adult No-Gi Jiu-Jitsu	Adult Gi Jiu-Jitsu	Adult No-Gi Jiu-Jitsu	
09:00 am- 10:00 am						9am Karate
2:45pm-3:45pm						
4:15 pm - 5:00 pm	Little Dragons (Ages 3-5) 4:15- 4:45pm	Youth Kickboxing	Little Dragons (Ages 3-5) 4:15-4:45pm			
5:10 pm - 6:00 pm	Youth Competition Jiu Jitsu Class 5pm	Youth Beginners Gi Jiu-Jitsu	Youth (6-12yr) No-Gi Jiu-Jitsu 5pm	Youth Beginners Gi Jiu-Jitsu		
6:00 pm - 7:00 pm	Adult No-Gi Jiu Jitsu	Adult Fundamentals Gi Jiu-Jitsu (6:15- 7:15pm)	MMA Striking w/Will Noland	Adult Beginners Class Gi Jiu-Jitsu (6:15-7:15pm)		
7:00 pm - 8:00 pm	MMA	Adult Competition Class	Adult No-Gi Jiu-Jitsu	Open Mat		

CLASS SCHEDULE
SMASH BJJ - DEER PARK

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 am- 07:00 am		Adult Jiu-Jitsu		Adult Jiu-Jitsu		
9:00 am- 9:50 am		Youth No-Gi Jiu Jitsu			Youth No-Gi Jiu Jitsu	
3:15 pm - 3:45 pm		Little Dragons (Ages 3-5) 3:15pm- 3:45pm		Little Dragons (Ages 3-5) 3:45-4:15pm		
4:00 pm - 4:50 pm	Youth BJJ Fundamentals No-Gi	Youth No-Gi Jiu-Jitsu (Ages 6-9)	Youth BJJ Fundamentals No-Gi	Youth Competition Class all ages 4:30-6pm		
5:00 pm - 5:50 pm	Youth Boxing/ Womens Jiu Jitsu	Youth No-Gi Jiu-Jitsu (Ages 9-14)	Youth Boxing/ Adult Jiu Jitsu Fundamentals	Youth Competition Class 4:30-6pm	Youth No-Gi Jiu-Jitsu (Ages 6-14)	Open Mat
6:00 pm - 7:00 pm	Adult Muay Thai	Adult No-Gi Jiu-Jitsu	Adult Muay Thai	Adult No-Gi Jiu-Jitsu	Adult No-Gi Jiu-Jitsu	

CLASS SCHEDULE
SMASH BJJ - AIRWAY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00 am- 07:00 am			Adult Jiu Jitsu			
10:00 am- 11:00 am						
3:15 pm - 3:45 pm						
4:15 pm - 4:45 pm			Little Dragons (Ages 3-5)		Little Dragons (Ages 3-5)	
5:00 pm - 5:50 pm		Youth No-Gi Jiu-Jitsu	Youth No-Gi Jiu-Jitsu		Youth Competition Class	
6:00 pm - 7:00 pm		Adult No-Gi Jiu-Jitsu	Adult No-Gi Jiu-Jitsu		Adult No-Gi Jiu Jitsu	
7:00 pm - 8:00 pm						