



## **SCHEDULE:**

### **MONDAY:**

4:30 PM – KIDS' MUAY THAI  
5:30 PM – ADULT'S BJJ

### **TUESDAY:**

4:30 PM – KIDS' BJJ  
5:00 PM – WOMEN'S MUAY THAI  
5:30 PM – ADULT'S BJJ

### **WEDNESDAY:**

4:30 PM – KIDS' MUAY THAI  
4:30 PM – OVER 30 BEGINNER'S BJJ  
5:30 PM – MMA  
5:30 PM – WOMEN'S MUAY THAI

### **THURSDAY:**

4:30 PM – KIDS' BJJ  
5:30 PM – ADULT'S BJJ

### **FRIDAY:**

4:30 PM – KIDS' MMA  
5:00 PM – CO ED MUAY THAI  
5:30 PM – ADULT'S BJJ

### **SATURDAY:**

10 AM – OVER 30 BEGINNER'S BJJ  
10 AM – CO ED MUAY THAI  
11 AM – JUDO (ALL AGES)  
11 AM – WOMEN'S STRENGTH/CONDITIONING  
12 PM – BJJ (ALL AGES)