

# CLASS TIMETABLE

| Monday                             | Tuesday   | Wednesday                          | Thursday  | Friday                             | Saturday                        |
|------------------------------------|---|------------------------------------|---|------------------------------------|---------------------------------|
|                                    | WOMANS<br>KICKBOXING<br>10-11:15AM                  |                                    |   | WOMANS<br>KICKBOXING<br>10-11:15AM | BJJ<br>(BEGINNER)<br>10-11:15AM |
|                                    | KIDS BJJ<br>(4-6 YEARS)<br>3:45-4:15PM              |                                    | KIDS BJJ<br>(4-6 YEARS)<br>3:45-4:15PM              |                                    | KIDS MMA<br>11:30AM-12:30       |
|                                    | KIDS BJJ<br>(6-10 YEARS)<br>4:30-5:15PM             |                                    | KIDS BJJ<br>(6-10 YEARS)<br>4:30-5:15PM             |                                    | MMA<br>12:30-1:45               |
|                                    | KIDS BJJ<br>(10-15 YEARS)<br>5:30-6:30PM            |                                    | KIDS BJJ<br>(10-15 YEARS)<br>5:30-6:30PM            |                                    |                                 |
| BJJ<br>(ALL LEVELS)<br>6:30-7:30PM | BJJ BEGINNER<br>PROGRAM<br>(15 & UP)<br>6:30-7:30PM | BJJ<br>(ALL LEVELS)<br>6:30-7:30PM | BJJ BEGINNER<br>PROGRAM<br>(15 & UP)<br>6:30-7:30PM |                                    |                                 |
| MMA<br>(ALL LEVELS)<br>7:30-8:45PM | BJJ<br>(ALL LEVELS)<br>6:30-7:30PM                  | MMA<br>(ALL LEVELS)<br>7:30-8:45PM | STRIKING<br>CLASS<br>7:30-8:45                      | OPEN MAT<br>6:30-7:45              |                                 |