

# CLASS SCHEDULE

■ BJJ · GI   
 ■ BJJ · NO-GI   
 ■ BOXING   
 ■ KICKBOXING   
 ■ WRESTLING   
 ■ MMA   
 ■ STRENGTH   
 ■ KIDS & JUNIORS  
■ OPEN MAT   
■ INTRO CLASS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00 AM		BJJ · No-Gi 7:00	BJJ · No-Gi 7:00		BJJ · No-Gi 7:00	PERSONAL TRAINING ONLY		
7:30 AM								
8:00 AM								
8:30 AM	PRO-FIGHTERS — BY INVITATION ONLY							
9:00 AM						Little Dragons 9:00		
9:30 AM								
10:00 AM	PERSONAL TRAINING — BY APPOINTMENT				BJJ · Gi 10:00	BJJ · No-Gi 10:00	BJJ · Gi 10:00	
10:30 AM								
11:00 AM						BJJ Open Mat 11:00	BJJ Open Mat 11:00	
11:30 AM								
12:00 PM	BJJ · Gi 12:00	BJJ · Gi 12:00	BJJ · No-Gi 12:00	BJJ · Gi 12:00	BJJ · Gi 12:00		Submission Wrestling 12:00	
12:30 PM								
1:00 PM	Boxing 1:00	Wrestling 1:00	Boxing 1:00	BJJ · No-Gi 1:00	Boxing 1:00	Boxing · Optional Sparring 12:30		
1:30 PM								
2:00 PM	Strength 101 2:00	MMA 2:00	Strength 101 2:00	MMA 2:00	Strength 101 2:00	Teens Kickboxing 2:00		
2:30 PM								
3:00 PM	PRO-FIGHTERS — INVITE ONLY							
3:30 PM								
4:00 PM		Tiny Jitz · Gi 4:00			Tiny Jitz · Gi 4:00			
4:30 PM	Little Dragons 4:15		Little Dragons 4:15	Juniors Kickboxing 4:15				
5:00 PM	Juniors Kickboxing 5:00	Juniors BJJ · Gi 4:45	Juniors Kickboxing 5:00		Juniors BJJ · Gi 4:45		PERSONAL TRAINING ONLY	
5:30 PM		Teens BJJ · Gi 5:30			Teens BJJ · Gi 5:30			
6:00 PM	Teens Kickboxing 5:45		Teens Kickboxing 5:45	Intro Class 6:00		PERSONAL TRAINING ONLY		
6:30 PM	BJJ · No-Gi 6:30	Boxing Fundamentals 6:30	Kickboxing Fundamentals 6:30	Kickboxing Drills 6:30				
7:00 PM					Wrestling 6:30			
7:30 PM	BJJ Open Mat 7:30	BJJ · Gi 7:30	BJJ · No-Gi 7:30	BJJ · Gi 7:30				
8:00 PM								
8:30 PM				MMA 8:30				
9:00 PM								
9:30 PM								



SCAN FOR A  
**FREE**  
3-DAY TRIAL

## OPENING HOURS

Mon–Fri **7am – 9pm**  
Sat & Sun **9am – 4pm**

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