



TIMETABLE

KIDS 5-9YO
TEENS 10-13YO

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00AM - 8:00AM			BJJ GI ALL LEVELS				
9:00AM - 10:00AM						MMA	
9:00AM - 10:00AM						KIDS MUAY THAI & TEENS MUAY THAI	
10:00AM - 11:00AM						KIDS BJJ & TEENS BJJ	
10:00AM - 11:00AM						MUAY THAI ALL LEVELS	
11:00AM - 12:00PM						BJJ NO GI ALL LEVELS	
11:00AM - 12:00PM						MUAY THAI SPARRING	
12:00PM - 1:00PM	OPEN MAT	BJJ GI ALL LEVELS	OPEN MAT	BJJ GI ALL LEVELS	BJJ NO GI ALL LEVELS		
12:00PM - 1:00PM	MUAY THAI ALL LEVELS	OPEN MAT	MUAY THAI ALL LEVELS	OPEN MAT	MUAY THAI ALL LEVELS		
4:00PM - 5:00PM	KIDS BJJ	KIDS MUAY THAI	KIDS BJJ	KIDS MUAY THAI			
4:00PM - 5:00PM	TEENS BJJ	TEENS MUAY THAI	TEENS BJJ	TEENS MUAY THAI			
5:00PM - 6:00PM	KIDS MUAY THAI	KIDS BJJ	KIDS MUAY THAI	KIDS BJJ			
5:00PM - 6:00PM	TEENS MUAY THAI	TEENS BJJ	TEENS MUAY THAI	TEENS BJJ			
6:00PM - 7:00PM	BJJ GI ALL LEVELS	MMA	BJJ GI ALL LEVELS	BJJ NO GI ALL LEVELS			
6:00PM - 7:00PM				KIDS BJJ COMP CLASS	MUAY THAI ALL LEVELS		
6:00PM - 7:00PM	MUAY THAI FUNDAMENTALS	BJJ NO GI ALL LEVELS	MUAY THAI FUNDAMENTALS	MMA	BJJ NO GI INTERMEDIATE		
7:00PM - 8:00PM	BJJ GI INTERMEDIATE	BJJ GI ADVANCED	BJJ NO GI FUNDAMENTALS	BJJ COMP CLASS	OPEN MAT		
7:00PM - 8:00PM	MUAY THAI SPARRING	MUAY THAI FUNDAMENTALS	MUAY THAI SPARRING	MUAY THAI FUNDAMENTALS			
7:00PM - 8:00PM		MUAY THAI FIGHT TRAINING		MUAY THAI INTERMEDIATE			
8:00PM - 9:00PM	BJJ NO GI FUNDAMENTALS	BJJ GI FUNDAMENTALS	FEMALE BJJ GI	BJJ GI FUNDAMENTALS			
8:00PM - 9:00PM	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS			