

BELOW IS OUR ENTIRE CLASS SCHEDULE.

MONDAY

- + **TINY TIGERS**
AGES 4-6
4:30 PM – 5:15 PM
- + **BRAZILIAN JIU-JITSU**
KIDS & TEENS
5:30 PM – 6:15 PM
- + **BRAZILIAN JIU-JITSU**
ALL RANKING ADULTS
6:30 PM – 8:00 PM
- + **BRAZILIAN JIU-JITSU**
ADVANCED TECHNIQUE
8:00 PM – 8:30 PM

SATURDAY

- + **TAEKWONDO**
AGES 7 AND UP | MAT A
9:00 AM – 10:00 AM
- + **TINY TIGERS**
AGES 4-6 | MAT A
10:00 AM – 10:45 PM
- + **KID'S WRESTLING**
ALL AGES
11:00 AM – 12:30 PM

TUESDAY

- + **TAEKWONDO**
ALL RANKING KIDS
4:30 PM – 5:15 PM
- + **TAEKWONDO SPARRING**
ALL RANKING KIDS
5:30 PM – 6:15 PM
- + **BEFIT FEMALE
KICKBOXING**
TEENS AND ADULTS
6:30 PM – 7:30 PM
- + **BRAZILIAN JIU-JITSU**
MASTERS AGES 35+
6:30 PM – 7:30 PM

SUNDAY

- + **BRAZILIAN JIU-JITSU**
ALL RANKING ADULTS
CURRICULUM
10:00 AM – 11:00 AM
- + **BRAZILIAN JIU-JITSU**
ALL RANKING ADULTS
COMPETITION TRAINING
11:00 AM – 12:00 PM

WEDNESDAY

- + **TINY TIGERS**
AGES 4-6
4:30 PM – 5:15 PM
- + **BRAZILIAN JIU-JITSU**
ALL RANKING ADULTS
6:30 PM – 8:00 PM
- + **BRAZILIAN JIU-JITSU**
ADVANCED TECHNIQUE
8:00 PM – 8:30 PM

THURSDAY

- + **BRAZILIAN JIU-JITSU**
KIDS
4:30 PM – 5:15 PM
- + **BRAZILIAN JIU-JITSU**
KIDS & TEENS
5:30 PM – 6:15 PM
- + **BEFIT FEMALE
KICKBOXING**
TEENS AND ADULTS
6:30 PM – 7:30 PM
- + **BRAZILIAN JIU-JITSU**
MASTERS AGES 35+
6:30 PM – 7:30 PM

FRIDAY

- + **TAEKWONDO**
KIDS & TEENS
4:30 PM – 5:15 PM
- + **BRAZILIAN JIU-JITSU**
KIDS & TEENS
MAT B
5:30 PM – 7:00 PM
- + **BRAZILIAN JIU-JITSU**
ADULT OPEN MAT
6:30 PM – 7:30 PM
- + **BRAZILIAN JIU-JITSU**
ALL RANKING ADULTS
CURRICULUM
7:30 PM – 8:30 PM

