

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

## 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

## 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 & 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

## 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 – 12:15 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

