

**ADULTS
CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOXING			5:30-6:30PM	6-7:30PM	6-7:30PM	(OPEN) 10-11AM	
BRAZILIAN JIU JITSU	FUNDAMENTALS 6:30-7:30PM INTER/ADV 7:30-8:30PM	NO GI/COMBAT JIU JITSU (GLOVES) 7:30-8:30PM	FUNDAMENTALS 6:30-7:30PM INTER/ADV 7:30-8:30PM		OPEN MAT 6:30-8PM		
WOMEN ONLY BRAZILIAN JIU JITSU		FUNDAMENTALS 6:30-7:30PM			OPEN-MAT ALL LEVELS 6:30-8PM		
FMA/KALI				7:30-8:30PM			

**KIDS
CLASSES**

KIDS BRAZILIAN JIU JITSU	(5-8 YRS) 4:15-5PM (9-12YRS) 5-6PM					(5-8 YRS) 8-8:45AM (9-12YRS) 9-10AM	
KIDS BOXING					5-6PM	10-11AM	
KIDS KICKBOXING		5-6PM					

*Classes and times subject to change