

Black Label Martial Arts Class Schedule



GRAPPLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BJJ 12:30 PM		NO-GI 12:30 PM			BJJ 11 AM	3 PM WRESTLING
					Youth Wrestling 10 AM	
All Level Cubs 4:40-5:20		All Level Cubs 4:40-5:20		All Level Cubs 4:40-5:20		
All Level Champs 5:20 - 6:00		All Level Champs 5:20 - 6:00		All Level Champs 5:20 - 6:00		
BJJ 6 PM	BJJ 6 PM	BJJ 6 PM	NO-GI 6 PM	BJJ 6 PM		
NO-GI 7 PM	MMA 7 PM	NO-GI 7 PM	MMA 7 PM	OPEN MAT		

STRIKING

MUAY THAI 6 PM	BOXING 6 PM	MUAY THAI 6 PM	BOXING 6 PM	MUAY THAI 6 PM	11 AM SPARRING	FOR PRIVATE CLASSES 843.561.4848
SPARRING	MUAY THAI 7 PM	BOXING 7 PM	MUAY THAI 7 PM	SPARRING		

MMA INVITE OPEN SPARRING MMA INVITE OPEN SPARRING