



## Monday

- 5:00pm Little Kids Kickboxing (Ages 5-9) (45mins)
- 5:45pm Big Kids Kickboxing (Ages 10+) (45mins)
- 6:00pm Adults/Teens NoGi Open Mat (90mins)
- 6:30pm Adults/Teens Kickboxing (60mins)
- 7:30pm Adults/Teens MMA (60mins)

## Tuesday

- 10:00am Adults/Teens Kickboxing (60mins)
- 11:20am Adults/Teens Fundamental Jiu-jitsu (60mins)
- 5:15pm Little Kids Jiu-Jitsu (Ages 5-7) (45mins)
- 5:30pm Women's Fitness Kickboxing (60mins)
- 6:00pm Big Kids Jiu-Jitsu (Ages 8+) (60mins)
- 6:30pm Adults/Teens Jiu-Jitsu Intro Class (30mins)
- 7:00pm Adults/Teens Fundamental Jiu-jitsu (60mins)

## Wednesday

- 5:00pm Little Kids Kickboxing (Ages 5-9) (45mins)
- 5:45pm Big Kids Kickboxing (Ages 10+) (45mins)
- 6:00pm Adults/Teens NoGi Jiu-jitsu (90mins)
- 6:30pm Adults/Teens Kickboxing (60mins)
- 7:30pm Adults/Teens MMA (60mins)

## Thursday

- 10:00am Adults/Teens Kickboxing (60mins)
- 11:20am Adults/Teens Fundamental Jiu-jitsu (60mins)
- 5:15pm Little Kids Jiu-Jitsu (Ages 5-7) (45mins)
- 5:30pm Women's Fitness Kickboxing (60mins)
- 6:00pm Big Kids Jiu-Jitsu (Ages 8+) (60mins)
- 6:30pm Adults/Teens Jiu-Jitsu Intro Class (30mins)
- 7:00pm Adults/Teens Fundamental Jiu-jitsu (60mins)

## Friday

- 5:30pm Adults/Teens Wrestling (60mins)
- 6:30pm Adults/Teens Kickboxing (60mins)
- 7:30pm Adults/Teens MMA (60mins)

## Saturday

- 10:00am Judo (all Ages) (90mins)
- 11:30am NoGi Jiu-jitsu (All Ages) (60mins)
- 12:30pm Jiu-jitsu Open Mat (All Ages) (60mins)

## Sunday

Closed