

# ***Kids Schedule***

## ***Carling Location***

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

Homeschool BJJ

10:15am – 11:00am

After School Program

2:45pm – 5:30pm

## **Muay Thai Room**

Kids Muay Thai

5:30pm – 6:15pm

Kids Muay Thai

5:30pm – 6:15pm

Kids Muay Thai

5:30pm – 6:15pm

Kids Muay Thai

5:30pm – 6:15pm

Kids Muay Thai

5:30pm – 6:15pm

Kids Muay Thai

10:15am – 11am

## **BJJ Room**

Tiny Tigers

4:45pm – 5:30pm

Tiny Tigers

4:45pm – 5:30pm

Tiny Tigers

9:15am – 10:00am

Kids BJJ Comp

4:45pm – 5:30pm

Kids BJJ Comp

4:45pm – 5:30pm

Kids BJJ Comp

4:45pm – 5:30pm

Kids BJJ Comp

4:45pm – 5:30pm

Tiny Tigers

5:30pm – 6:15pm

Tiny Tigers

5:30pm – 6:15pm

Tiny Tigers

5:30pm – 6:15pm

Kids BJJ

5:30pm – 6:15pm

Kids BJJ

5:30pm – 6:15pm

Kids BJJ

5:30pm – 6:15pm

Kids BJJ

5:30pm – 6:15pm

Kids BJJ

5:30pm – 6:15pm

Kids BJJ

10:15am – 11am

# Adult BJJ Schedule

## Carling Location

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	BJJ Blue 7:00am – 8:00am	BJJ Blue 7:00am – 8:00am	BJJ Blue 7:00am – 8:00am		No Gi Technique 11:00am – 11:45am
	BJJ Purple 11:30am – 12:15pm		BJJ Purple 11:30am – 12:15pm		BJJ Purple 11:45am – 12:30pm
BJJ Blue 12:00pm – 1:00pm	BJJ Blue 12:15pm – 1:00pm	BJJ Blue 12:00pm – 1:00pm	BJJ Blue 12:15pm – 1:00pm	No Gi Technique 12:00pm – 1:00pm	No Gi /Gi Open Mat 12:30pm – 1:30pm
BJJ Elite 1:00pm – 2:00pm	BJJ Elite 1:00pm – 2:00pm	BJJ Elite 1:00pm – 2:00pm	BJJ Elite 1:00pm – 2:00pm	BJJ Elite 1:00pm – 2:00pm	
After School Program 2:45pm – 5:30pm					
	Womens BJJ 6:15pm – 7:00pm		Womens BJJ 6:15pm – 7:00pm		
BJJ Blue 6:15pm – 7:00pm	BJJ Blue 6:15pm – 7:00pm	BJJ Blue 6:15pm – 7:00pm	BJJ Blue 6:15pm – 7:00pm	BJJ Purple 6:15pm – 7:00pm	
BJJ Purple 7:00pm – 7:45pm	BJJ Purple 7:00pm – 7:45pm	BJJ Purple 7:00pm – 7:45pm	BJJ Purple 7:00pm – 7:45pm	No Gi Technique 6:15pm – 7:00pm	
No Gi Technique 7:00pm – 7:45pm	No Gi Technique 7:00pm – 7:45pm	No Gi Technique 7:00pm – 7:45pm	No Gi Technique 7:00pm – 7:45pm	No Gi /Gi Open Mat 7:00pm – 8:30pm	
No Gi /Gi Open Mat 7:45pm – 8:30pm	No Gi /Gi Open Mat 7:45pm – 8:30pm	No Gi /Gi Open Mat 7:45pm – 8:30pm	No Gi /Gi Open Mat 7:45pm – 8:30pm		

# Adult Muay Thai Schedule

## Carling Location

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Muay Thai Parents 10:15am – 11:00am
Muay Thai Conditioning 12:00pm – 1:00pm	Muay Thai Conditioning 12:00pm – 1:00pm	Muay Thai Conditioning 12:00pm – 1:00pm	Muay Thai Conditioning 12:00pm – 1:00pm	Muay Thai Conditioning 12:00pm – 1:00pm	Muay Thai Conditioning 11:00am – 11:45am
Muay Thai Elite 1:00pm – 2:00pm	Muay Thai Elite 1:00pm – 2:00pm	Muay Thai Elite 1:00pm – 2:00pm	Muay Thai Elite 1:00pm – 2:00pm	Muay Thai Elite 1:00pm – 2:00pm	Muay Thai Advance 11:45am – 12:30pm
After School Program 2:45pm – 5:30pm					Muay Thai Open Mat 12:30pm – 1:00pm
Muay Thai Parents 5:30pm – 6:15pm	Women's Muay Thai 5:30pm – 6:15pm	Muay Thai Parents 5:30pm – 6:15pm	Women's Muay Thai 5:30pm – 6:15pm	Muay Thai Parents 5:30pm – 6:15pm	
Muay Thai Conditioning 6:15pm – 7:00pm	Muay Thai Conditioning 6:15pm – 7:00pm	Muay Thai Conditioning 6:15pm – 7:00pm	Muay Thai Conditioning 6:15pm – 7:00pm	Muay Thai Conditioning 6:15pm – 7:00pm	
Muay Thai Technique 7:00pm – 7:45pm	Muay Thai Technique 7:00pm – 7:45pm	Boxing 7:00pm – 7:45pm	Muay Thai Technique 7:00pm – 7:45pm	Muay Thai Technique 7:00pm – 7:45pm	
Muay Thai Advance 7:45pm – 8:30pm	MMA Technique /Sparring 7:45pm – 8:30pm	Muay Thai Advance 7:45pm – 8:30pm	MMA Technique /Sparring 7:45pm – 8:30pm	Muay Thai Sparring 7:45pm – 8:30pm	