

# SMA ADULT CLASS SCHEDULE

<u>TIME</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>6:30-7:30AM</u>	ADULT GI BJJ		ADULT GI BJJ		ADULT NOGI BJJ	
<u>8AM</u>						OPEN MAT
<u>12- 1pm</u>	ADULT BJJ NOGI MAT 1		KICK BOXING MAT 1		ADULT BJJ GI MAT 1	<u>GI BJJ DRILLING MAT 1</u>
<u>5:30 – 6:30pm</u>	TEEN/ADULT BJJ GI MAT 2		TEEN/ADULT BJJ NOGI MAT 2		TEEN/ADULT BJJ GI MAT 2	
<u>530-630PM</u>	BJJ BASICS MAT 2		BJJ BASICS MAT 2			
<u>5:30-6:30PM</u>		KICKBOXING FUNDAMENTALS MAT 1		KICKBOXING FUNDAMENTALS MAT 1		
<u>6:30-730pm</u>	TEEN/ADULT BJJ GI MAT 2  BJJ BASICS MAT 2	KICKBOXING MAT 1	TEEN/ADULT BJJ NOGI MAT 2  BJJ BASICS MAT 2	TEEN/ADULT SPARRING MAT 1		
<u>7:30-8:30pm</u>	COMP. TEAM GI BJJ MAT 2		MMA MAT 2			