



# KIDS & TEEN TIMETABLE

MON

TUE

WED

THU

FRI

SAT

9:00AM  
KIDS MARTIAL ARTS  
(4-12 YEARS)

10:00AM  
TEENS JIU-JITSU  
(13-17 YEARS)

4:30PM  
KIDS MARTIAL ARTS  
(4-12 YEARS)

4:30PM  
KIDS MARTIAL ARTS  
(4-12 YEARS)

4:30PM  
KIDS MARTIAL ARTS  
(4-12 YEARS)

5:00PM  
KIDS MARTIAL ARTS  
(4-12 YEARS)

5:00PM  
KIDS MARTIAL ARTS  
(4-12 YEARS)

5:30PM  
TEENS MUAY THAI  
(13-17 YEARS)

5:30PM  
TEENS MUAY THAI  
(13-17 YEARS)

5:30PM  
TEENS MUAY THAI  
(13-17 YEARS)

6:00PM  
TEENS JIU-JITSU  
(13-17 YEARS)

6:00PM  
TEENS JIU-JITSU  
(13-17 YEARS)



# MUAY THAI TIMETABLE

MON	TUE	WED	THU	FRI	SAT
6:30AM MUAY THAI (ALL LEVELS)	6:30AM MUAY THAI (ALL LEVELS)	6:30AM MUAY THAI (ALL LEVELS)	6:30AM MUAY THAI (ALL LEVELS)	6:30AM MUAY THAI (ALL LEVELS)	
11:00AM MUAY THAI (ALL LEVELS)	11:00AM MUAY THAI (ALL LEVELS)	11:00AM MUAY THAI (ALL LEVELS)	11:00AM MUAY THAI (ALL LEVELS)	11:00AM MUAY THAI (ALL LEVELS)	11:00AM MUAY THAI (ALL LEVELS)
	6:00PM MUAY THAI (ALL LEVELS)		6:00PM MUAY THAI (ALL LEVELS)		
	7:00PM MUAY THAI (INT & ADV)		7:00PM MUAY THAI (INT & ADV)	7:00PM MUAY THAI (TECHNICAL SPARRING)	
7:30PM FIGHTERS CLASS (INVITE ONLY)		7:30PM FIGHTERS CLASS (INVITE ONLY)			
8:00PM MUAY THAI (ALL LEVELS)		8:00PM MUAY THAI (ALL LEVELS)			



# GRAPPLING TIMETABLE

MON	TUE	WED	THU	FRI	SAT
	11:00AM JIU-JITSU (NO-GI)		11:00AM JIU-JITSU (NO-GI)		11:00AM JIU-JITSU (GI & NO-GI)
6:00PM JIU-JITSU (GI)		6:00PM JIU-JITSU (GI)			
				6:30PM JIU-JITSU (NO-GI)	
7:00PM JIU-JITSU (NO-GI)	7:00PM WRESTLING & JIU-JITSU (NO-GI)	7:00PM JIU-JITSU (NO-GI)	7:00PM JUDO (GI)		



# FITNESS TIMETABLE

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**

**6:30PM  
FITNESS  
(STRENGTH)**

**6:30PM  
FITNESS  
(STRENGTH)**

**8:00PM  
FITNESS  
(CONDITIONING)**

**8:00PM  
FITNESS  
(CONDITIONING)**

**10:00AM  
FITNESS  
(CONDITIONING)**