

HeadQuarters Schedule

[Monday](#) [Tuesday](#) [Wednesday](#) [Thursday](#) [Friday](#) [Saturday](#) [Sunday's](#)

Sign up online at www.musquiz.org

Adults Ages 13+ = \$99 a Month - 7 days a Week

Kids Ages 7-12 = \$79 a Month - 7 days a Week

Lil Samurai's Ages 3-6 = \$79 a Month - 4 days a Week

Weekend Jiu Jitsu Classes only - \$59 a month

10:00am

10:00am

Lil Samurai's
Ages
3-6

Lil Samurai's
Ages
3-6

5:30pm

5:30pm

5:30pm

5:30pm

5:30pm

11:00am

11:00am

Kids
Gi

Lil Samurai's
No Gi

Kids
Gi

Lil Samurai's
No Gi

Kids
Gi

Adult
Strength
&
Conditioning
Ages
13+

Adult
Strength
&
Conditioning
Ages
13+

Ages
7-12

Ages
3-6

Ages
7-12

Ages
3-6

Ages
7-12

6:30pm

6:30pm

6:30pm

6:30pm

6:30pm

12:00pm

12:00pm

Adult
Gi

Kids
Gi

Adult
Gi

Kids
Gi

Adult
Gi

Adult
Gi

Adult
Gi

Ages
13+

Ages
7-12

Ages
13+

Ages
7-12

Ages
13+

Ages
13+

Ages
13+

7:30pm

7:30pm

7:30pm

7:30pm

7:30pm

1:00pm

1:00pm

Adult
No Gi

Adult
Gi

Adult
No Gi

Adult
Gi

Adult
No Gi

Adult
Kickboxing

Adult
Kickboxing

Ages
13+

Ages
13+

Ages
13+

Ages
13+

Ages
13+

Ages
13+

Ages
13+

2:00pm

2:00pm

Kids
Jiu Jitsu
Ages
7-12

Kids
Jiu Jitsu
Ages
7-12

3:00pm

3:00pm

Adults
Jiu Jitsu
Beginners
Ages
13+

Adults
Jiu Jitsu
Beginners
Ages
13+