2025 Schedule www.TeixeiraMMAandFitness.com **TUFSDAY THURSDAY** MONDAY WFDNFSDAY **FRIDAY SATURDAY** 9:00 AM - 10:00AM **Cardio Kickboxing Boot Camp Cardio Kickboxing Boot Camp Cardio Kickboxing** Fight Team Fight Team Fight Team Fight Team Fight Team Fight Team 11:00AM - 1:00PM (Invite Only) (Invite Only) (Invite Only) (Invite Only) (Invite Only) (Invite Only) **Brazilian JiuJitsu** Brazilian JiuJitsu **Brazilian JiuJitsu** 12:00PM - 1:30PM All Levels All Levels All Levels Lil Dragons **Lil Dragons Lil Dragons** Lil Dragons Lil Dragons 4:30PM - 5:15PM **Hawaiian Kempo Hawaiian Kempo Hawaiian Kempo Hawaiian Kempo** Hawaiian Kempo Left Mat (Age 3-4) (Age 3-4) (Age 3-4) (Age 3-4) (Age 3-4) 4:30PM - 5:00PM 30 Minute Burn 30 Minute Burn 30 Minute Burn 30 Minute Burn Rear **Kids BJJ-Beginner Kids BJJ-Beginner** Kids Hawaiian Kempo Kids Hawaiian Kempo **Kids Hawaiian Kempo** 5:15PM - 6:00PM (Age 7-15) (Age 7-15) Level 1 (Age 5-7) Left Mat Level 1 (Age 5-7) Level 1 (Age 5-7) (to 6:15pm) (to 6:15pm) Women's Cardio Women's Cardio Kids Hawaiian Kempo Kids Hawaiian Kempo **Kids Hawaiian Kempo Kickboxing Kickboxing** Right Mat Level 2 (Age 8-11) Level 2 (Age 8-11) Level 2 (Age 8-11) (to 6:15pm) (to 6:15pm) **Teen Conditioning Teen Conditioning** Rear (Age 12-17) (Age 12-17) 6:15PM - 7:15PM **Kids Hawaiian Kempo Kids BJJ-Advanced** Kids Hawaiian Kempo **Kids BJJ-Advanced Kids Hawaiian Kempo** Left Mat Level 3 (Age 12-14) Level 3 (Age 12-14) (Age 7-15) Level 3 (Age 12-14) (Age 7-15) **Cardio Kickboxing Heavy Bag Hustle Cardio Kickboxing Heavy Bag Hustle Cardio Kickboxing** Right Mat **Boot Camp Boot Camp** Rear 7:00PM - 8:30PM **Brazilian JiuJitsu** Brazilian JiuJitsu **Brazilian JiuJitsu** Left Mat All Levels All Levels All Levels 7:15PM - 8:15PM **Grappling-Level 2** Hawaiian Kempo Hawaiian Kempo **Grappling-Level 2** Hawaiian Kempo Level 1 Level 1 (Invite Only) Level 1 (Invite Only) Right Mat **Muay Thai Muay Thai** Left Mat

Hawaiian Kempo

Level 2

(Invite Only)

Boot Camp

Grappling-Level 1

Hawaiian Kempo

Level 2

(Invite Only)

Boot Camp

Grappling-Level 1

Hawaiian Kempo

Level 2

(Invite Only)

Rear

8:15PM - 9:15PM

Right Mat