



Contact Information:
 702-232-1524
 ftcc.nv@gmail.com
 10670 S Maryland Pkwy Suite 135
 Henderson, NV 89052

JIU-JITSU TRAINING SCHEDULE

Monday: 9am-10:30am & 4pm-8pm
 Tuesday: 9am-10:30am & 2:30pm-8pm
 Wednesday: 4pm-8pm
 Thursday: 9am-10:30am & 2:30pm-8pm
 Friday: 9am - 10:30am & 2:30pm-8pm
 Saturday: 9am-11:30am
 Sunday: 9am-12:30am

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am - 10:00am						Kids Gi Jiu-Jitsu Ages 8+	Kids No Gi Jiu-Jitsu Ages 8+
9:00am - 10:30am	No Gi Jiu-Jitsu Adults	Gi Jiu-Jitsu Adults		Gi Jiu-Jitsu Adults	No Gi Jiu-Jitsu Adults		
9:00am - 10:00am						Marathon Roll All Ages	
11:30am - 12:30pm							Jiu-Jitsu Women
5pm - 6:30pm	Kids Gi Jiu-Jitsu Ages 8+ COMPETITION TRAINING		Kids No Gi Jiu-Jitsu Ages 8+ COMPETITION TRAINING				
5:30pm - 6:30pm		Kids Gi Jiu-Jitsu Ages 8+		Kids Gi Jiu-Jitsu Ages 8+	Kids Gi Jiu-Jitsu Ages 8+		
6:30pm - 8:00pm	No Gi Jiu-Jitsu Adults	Gi Jiu-Jitsu Adults	No Gi Jiu-Jitsu Adults	Gi Jiu-Jitsu Adults	Gi & No Gi Jiu-Jitsu Adults (Open Mat)		
FTCC PARTICIPATION WAIVER MUST BE SIGNED PRIOR TO TRAINING 2-DAY TRY OUT IS AVAILABLE FOR ALL PROSPECTIVE MEMBERS							