



FULL TRAINING SCHEDULE

Mon: 9am-10:30am & 4pm-8pm
Tue: 9am-10:30am & 4pm-8pm
Wed: 4pm-8pm
Thur: 9am-10:30am & 4pm-8pm
Fri: 9am-10:30am & 4pm-8pm
Sat: 9am-11:30am
Sun: 9am-10am & 2pm-4pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No Gi Jiu-Jitsu Adults 9am-10:30am	Gi Jiu-Jitsu Adults 9am-10:30am		Gi Jiu-Jitsu Adults 9am-10:30am	No Gi Jiu-Jitsu Adults 9am-10:30am	Kids Gi Jiu-Jitsu Ages 7-13 9am-10am	Kids No Gi Jiu-Jitsu Ages 7-13 9am-10am
					!! OPEN MAT !! ALL PROGRAMS 10am-11:30am	
MORNING / AFTERNOON CLASS GAP						
Little Kids Wrestling Ages 4-7 4pm-5pm	Boys Club Wrestling Ages 7-13 4pm-5:30pm	Little Kids Wrestling Ages 4-7 4pm-5pm	Boys Club Wrestling Ages 7-13 4pm-5:30pm	Boys Club Wrestling Ages 7-13 4pm-5:30pm	Club Wrestling All Ages 3pm-4pm	
Strength & Conditioning Teens & Adults 4pm-5pm	Girls Club Wrestling Ages 7-13 4pm-5:30pm	Strength & Conditioning Teens & Adults 4pm-5pm	Girls Club Wrestling Ages 7-13 4pm-5:30pm	Girls Club Wrestling Ages 7-13 4pm-5:30pm		
Kids Gi Jiu-Jitsu Ages 7-15 (Competition Training) 5pm-6:30pm	Kids Gi Jiu-Jitsu Ages 7-15 5:30pm-6:30pm	Kids No Gi Jiu-Jitsu Ages 7-15 (Competition Training) 5pm-6:30pm	Kids Gi Jiu-Jitsu Ages 7-15 5:30pm-6:30pm	Kids Gi Jiu-Jitsu Ages 7-15 5:30pm-6:30pm		
Club Wrestling High School 6:30pm-7:30pm	Club Wrestling High School 6:30pm-7:30pm	Judo Kids & Adults (Instructor Approval) 6:30pm-7:30pm	Judo Kids & Adults (Instructor Approval) 6:30pm-7:30pm	Club Wrestling High School 6:30pm-7:30pm		
No Gi Jiu-Jitsu Adults 6:30pm-8pm	Gi Jiu-Jitsu Adults 6:30pm-8pm	No Gi Jiu-Jitsu Adults 6:30pm-8pm	Gi Jiu-Jitsu Adults 6:30pm-8pm	Kickboxing/MMA Kids & Adults (Instructor Approval) 6:30pm-7:30pm		
FTCC PARTICIPATION WAIVER MUST BE SIGNED PRIOR TO TRAINING 2-DAY TRY OUT IS AVAILABLE FOR ALL PROSPECTIVE MEMBERS						