



Contact Information:  
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 10670 S Maryland Pkwy Suite 135  
 Henderson, NV 89052

## FULL TRAINING SCHEDULE

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

	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		
10:00am - 11:30am						Marathon Roll All Ages	Club Wrestling All Ages
11:30am-12:30pm							Jiu-Jitsu Women
12:30 - 2:00pm	NO CLASS						
2:00pm - 3:30pm		Boys Wrestling High School		Boys Wrestling High School	Boys Wrestling High School		
4:00pm - 5:00pm	Little Kids Wrestling Ages 4-7		Little Kids Wrestling Ages 4-7				
	Strength & Conditioning Teens & Adults		Strength & Conditioning Teens & Adults				
4:00pm - 5:30pm		Youth Boys Wrestling Ages 8+		Youth Boys Wrestling Ages 8+	Youth Boys Wrestling Ages 8+		
		Girls High School & Youth Wrestling		Girls High School & Youth Wrestling	Girls High School & Youth Wrestling		
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 - 7:30pm	Judo Kids & Adults	Kickboxing Teens & Adults	Judo Kids & Adults	Kickboxing Teens & Adults	Kickboxing Teens & Adults		
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)		
<b>FTCC PARTICIPATION WAIVER MUST BE SIGNED PRIOR TO TRAINING</b> <b>WRESTLERS MUST HAVE AN ACTIVE USA WRESTLING CARD OR SIMILAR TO COMPETE</b> <b>2-DAY TRY OUT IS AVAILABLE FOR ALL PROSPECTIVE MEMBERS</b>							