



# CLASS SCHEDULE



**9am Jiu-Jitsu  
10am Bang MT**

**MONDAY**

**4:30pm Kids Jiu-Jitsu  
5:30pm BMT Lil ninjas  
6:30pm Adults Jiu-Jitsu  
7:30pm MMA**

**WEDNESDAY**

**8am Jiu-jitsu  
9am Bang MT**

**4:30pm Kids Jiu-Jitsu  
5:30pm BMT Lil ninjas  
6:30pm Adults Jiu-Jitsu  
7:30pm MMA**

**FRIDAY**

**9am Jiu-jitsu  
10am Bang MT**

**6:30pm Open Mat**

**9am Jiu-jitsu  
10am Bang MT**

**TUESDAY**

**4:30pm Kids Jiu-Jitsu  
5:30pm Bang MT  
6:30pm Adults Jiu-Jitsu**

**THURSDAY**

**9am Jiu-jitsu  
10am Bang MT**

**4:30pm Kids Jiu-Jitsu  
5:30pm Bang MT  
6:30pm Adults Jiu-Jitsu**

**SATURDAY**

**11am Bang MT  
12pm Kids Jiu-Jitsu  
1pm MMA sparring**