

MARTIAL ARTS SCHEDULE

MONDAY

- 4:30 PM - 5:00 PM - Tiny Tigers (4 & 5 year olds)
- 5:15 PM - 5:45 PM - Kids Beginners/Freshman (Wht/Yell/Org)
- 6:00 PM - 6:45 PM - Kids Advanced/Soph. Jr. Sr. (Green & higher)
- 7:00 PM - 7:45 PM - Adult / Teen Muay Thai Kickboxing
- 7:45 PM - 8:30 PM - No Gi Jiu-Jitsu

TUESDAY

- 4:30 PM - 5:00 PM - Kids Beginners/Freshman (Wht/Yell/Org)
- 5:15 PM - 6:00 PM - Kids Advanced/Soph. Jr. Sr. (Green & higher)
- 6:15 PM - 7:15 PM - Adult / Teen Muay Thai Kickboxing
- 7:15 PM - 8:00 PM - Adult / Teen GI Brazilian Jiu-Jitsu

WEDNESDAY

- 4:30 PM - 5:00 PM - Tiny Tigers (4 & 5 year olds)
- 5:15 PM - 5:45 PM - Kids Beginners/Freshman (Wht/Yell/Org)
- 6:00 PM - 6:45 PM - Kids Advanced/Soph. Jr. Sr. (Green & higher)
- 7:00 PM - 7:45 PM - Adult / Teen Muay Thai Kickboxing
- 7:45 PM - 8:30 PM - No Gi Jiu-Jitsu

THURSDAY

- 4:30 PM - 5:00 PM - Kids Beginners/Freshman (Wht/Yell/Org)
- 5:15 PM - 6:00 PM - Kids Advanced/Soph. Jr. Sr. (Green & higher)
- 6:15 PM - 7:15 PM - Adult / Teen Muay Thai Kickboxing
- 7:15 PM - 8:00 PM - Adult / Teen GI Brazilian Jiu-Jitsu

FRIDAY

- 4:30 PM - 5:00 PM - Tiny Tigers (4 & 5 year old)
- 5:00 PM - 5:45 PM - Kids Brazilian Jiu-Jitsu
- 5:15 PM - 5:45 PM - Friday Beginners
- 6:00 PM - 6:45 PM - Kids Advanced

SATURDAY

- 9:00 AM - 9:30 AM - Tiny Tigers (4 & 5 year old)
- 9:00 AM - 9:45 AM - Adult Muay Thai Kickboxing
- 9:45 AM - 10:30 AM - Kids Brazilian Jiu-Jitsu
- 9:45 AM - 10:45 AM - Adult / Teen No GI Brazilian Jiu-Jitsu
- 10:30 AM - 11:15 AM - Kids Advanced
- 11:30 AM - 12:00 PM - Kids Beginners

