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ADULT'S SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
10AM JIU-JITSU ADULTS ALL LEVELS	10AM JIU-JITSU ADULTS ALL LEVELS	10AM JIU-JITSU ADULTS ALL LEVELS	10AM JIU-JITSU ADULTS ALL LEVELS		10AM MUAY THAI Mixed/Family Class Ages 7& Up
	6PM JIU-JITSU TEENS		6PM JIU-JITSU TEENS	ADULT OPEN MAT (GET ON GROUP CHAT)	11AM JIU-JITSU TEENS / ADULTS
7PM JIU-JITSU ADULTS ALL LEVELS	7PM JIU-JITSU ADULTS ALL LEVELS	7PM JIU-JITSU ADULTS ALL LEVELS	7PM JIU-JITSU ADULTS ALL LEVELS		
7PM CAPOEIRA BY COLIBRI LB	6pm MUAY THAI TEEN/ADULT	7PM CAPOEIRA BY COLIBRI LB	6pm MUAY THAI TEEN/ADULT		
YOUTH CLASSES					
4pm JIU-JITSU 4-5YR OLD	4pm JIU-JITSU 6-8YR OLD	4pm JIU-JITSU 4-5YR OLD	4pm JIU-JITSU 6-8YR OLD		9am MUAY THAI Adults & Advanced/ Fight Team
5PM JIU-JITSU 8-10YR OLD	5PM JIU-JITSU 10-13YR OLD	5PM JIU-JITSU 8-10YR OLD	5PM JIU-JITSU 10-13YR OLD	Private Lessons available. By Appt only	9AM JIU-JITSU 4-8YR OLDS
5PM WRESTLING 7-12 YR OLD	5pm MUAY THAI 7-9 YR OLD	5PM WRESTLING 7-12 YR OLD	5pm MUAY THAI 7-9 YR OLD		10AM JIU-JITSU 9-13YR OLDS
6PM WRESTLING TEEN	6PM JIU-JITSU TEENS	6PM WRESTLING TEEN	6PM JIU-JITSU TEENS		11AM JIU-JITSU TEENS
	6PM MUAY THAI ADULT & 10-13		6PM MUAY THAI ADULT & 10-13		10AM MUAY THAI Mixed/Family Class Ages 7& Up
	7pm Muay Thai Teens & Adults		7pm Muay Thai Teens & Adults		11AM MUAY THAI Adults & Advanced/ Fight Team

Capoeira is operated by Colibricapoeira and is a separate program from Neutral Grounds