

ADULT'S SCHEDULE

MON	TUES	WED	THURS	FRI
10AM JIU-JITSU ADULTS ALL LEVELS	10AM JIU-JITSU ADULTS ALL LEVELS	10AM JIU-JITSU ADULTS ALL LEVELS	10AM JIU-JITSU ADULTS ALL LEVELS	10 AM JIU-JITSU ADULTS ALL LEVELS
	6PM JIU-JITSU TEENS		6PM JIU-JITSU TEENS	<u>Muay Thai</u> <u>Teens & Adults:</u> <u>5pm-7pm</u>
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 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	4pm JIU-JITSU 4-8YR OLD
5PM JIU-JITSU 8-10YR OLD	5PM JIU-JITSU 10-13YR OLD	5PM JIU-JITSU 8-10YR OLD	5PM JIU-JITSU 10-13YR OLD	<u>Muay Thai:</u> <u>7yrs-13yrs:</u> <u>4pm-5pm</u>
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	5PM JIU-JITSU 9-13YR OLD
6PM WRESTLING TEEN	6PM JIU-JITSU TEENS	6PM WRESTLING TEEN	6PM JIU-JITSU TEENS	<u>Muay Thai</u> <u>Teens & Adults:</u> <u>5pm-7pm</u>
	6PM MUAY THAI ADULT & 10-13		6PM MUAY THAI ADULT & 10-13	6PM JIU-JITSU TEENS
	7pm Muay Thai Teens & Adults		7pm Muay Thai Teens & Adults	