

NEW ASGARD MARTIAL ARTS WINTER 2025 SCHEDULE

MONDAY

6:15 AM - 7:15 AM GI JIU JITSU ALL LEVELS
5:30 PM - 6:30 PM BOXING
5:45 PM - 6:30 PM YOUTH NO GI JIU JITSU
6:30 PM - 7:30 PM NO GI JIU JITSU FUNDAMENTALS
7:30 PM - 8:30 PM MUAY THAI

TUESDAY

5:00 PM - 5:45 PM YOUTH MUAY THAI
5:45 PM - 6:30 PM YOUTH GI JIU JITSU
6:30 PM - 8:00 PM GI JIU JITSU ADVANCED
8:30 PM - 10:00 PM JUDO
8:30 PM - 9:30 PM MMA CLASS

WEDNESDAY

6:15 AM - 7:15 AM NO GI JIU JITSU ALL LEVELS
5:30 PM - 6:30 PM BOXING
5:45 PM - 6:30 PM YOUTH GI JIU JITSU
6:30 PM - 7:30 PM ADVANCED BOXING
6:30 PM - 7:30 PM GI JIU JITSU FUNDAMENTALS

THURSDAY

5:30PM - 6:30PM JIU JITSU LEG LOCK CLASS
6:30PM - 8:00PM NO GI JIU JITSU ADVANCED
8:30 PM - 10:00 PM JUDO

FRIDAY

6:15 AM - 7:15 AM GI JIU JITSU ALL LEVELS
6:30 PM - 7:30 PM MUAY THAI
7:30 PM POST-CLASS MUAY THAI SPARRING

SATURDAY

9:00 AM - 9:45 AM YOUTH NO GI JIU JITSU
9:45 AM - 10:45 AM MUAY THAI + **POST CLASS SPARRING**
11:00 AM - 12:00 PM JIU JITSU DRILLS & THEORY ALL LEVELS
11:00 AM - 12:00 PM YOUTH MUAY THAI

SUNDAY

11:00 AM - 12:45 PM JIU JITSU COMPETITION CLASS
1:00 PM - 2:00 PM WRESTLING



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FITNESS/WEIGHT GYM SCHEDULE:

6AM-8AM MON, WED, FRI
4PM-9PM WEEKDAYS
9AM - 1PM SATURDAY
11AM-1PM SUNDAY

MAT SPACE IS OPEN ANY TIME
CLASS IS NOT IN SESSION

CLASSES IN RED REQUIRE
INSTRUCTOR APPROVAL
CLASSES IN BLUE ARE YOUTH

RECENTLY ADDED
MMA CLASS!

SOMETHING YOU
WANT TO SEE ON
THE SCHEDULE?
MAKE A REQUEST!