

NEW ASGARD MARTIAL ARTS

SUMMER 2026 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

7:45 PM - 8:45 PM MUAY THAI

TUESDAY

5:00 PM - 5:45 PM YOUTH MUAY THAI

5:30 PM - 6:30 PM NO GI JIU JITSU FUNDAMENTALS

5:45 PM - 6:30 PM YOUTH GI JIU JITSU

6:30 PM - 8:00 PM GI JIU JITSU ADVANCED

8:15 PM - 9:15 PM MMA CLASS

8:30 PM - 10:00 PM JUDO

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 PM YOUTH MUAY THAI

9:45 AM - 10:45 AM MUAY THAI

11:00 AM - 12:00 PM JIU JITSU DRILLS & THEORY ALL LEVELS

12:00 PM - 1:00 PM -STRIKING/MMA SPARRING

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-7:30AM MON, WED, FRI

4PM-8PM 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