

NEW ASGARD MARTIAL ARTS

SUMMER 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

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 KICKBOXING

SUNDAY

11:00 AM - 12:45 PM JIU JITSU COMP 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

MMA CLASSES
COMING FALL/
WINTER 2025

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