



# **XL VCB MARTIAL ARTS ACADEMY**

## **SCHEDULE**

(470) 363-9247

[XLVCBMARTIALARTS.COM](http://XLVCBMARTIALARTS.COM)

**2100 Floy Farr Parkway, Peachtree City, GA. 30269**

**Sunday  
Closed**

### **Monday**

10:00am- Adult Brazilian Jiu-Jitsu  
4:00pm- Youth Brazilian Jiu-Jitsu  
5:00pm- Teen Brazilian Jiu-Jitsu  
6:30pm- Adult Brazilian Jiu-Jitsu

### **Tuesday**

10:00am- Adult Brazilian Jiu-Jitsu  
4:00pm- Youth Capoeira  
5:00pm- Teen Brazilian Jiu-Jitsu  
6:30pm- Adult Brazilian Jiu-Jitsu

### **Wednesday**

10:00am- Adult Brazilian Jiu-Jitsu  
4:00pm- Youth Brazilian Jiu-Jitsu  
5:00pm- Teen Brazilian Jiu-Jitsu  
6:30pm- Adult Brazilian Jiu-Jitsu

### **Thursday**

10:00am- Adult Brazilian Jiu-Jitsu  
4:00pm- Youth Capoeira  
6:30pm- Adult/Teen Capoeira

### **Friday**

10:00am- Adult Brazilian Jiu-Jitsu  
5:00pm- Teen Brazilian Jiu-Jitsu  
6:30pm- Adult Brazilian Jiu-Jitsu

### **Saturday**

10am - Kids Kyokushin Karate  
11am - Adult/Teen Kyokushin Karate  
1:00pm- Brazilian Jiu-Jitsu Members  
Only Open Mat (11yrs Old and Up)  
2:30pm- Adult Eskrima

### **Ages & Class Length**

Youth: 4yrs - 9yrs (45mins)  
Teen: 10yrs - 15yrs (60mins)  
Adult: 16yrs and Up (60mins)