

# XL VCB MARTIAL ARTS ACADEMY SCHEDULE

(470) 363-9247

#### **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 Savate 11am - Adult/Teen Kyokushin Savate 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)