

WINTER 2022 SCHEDULE



CHILDREN & YOUTH MARTIAL ARTS SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 5:30 PM JUNIOR KICKBOXING AGES 5 - 8		5:30 - 6:15 PM JUNIOR BRAZILIAN JIU-JITSU AGES 6 - 8	5:00 - 5:30 PM JUNIOR KICKBOXING AGES 5- 8		11:00 - 12:00 PM YOUTH MUAY THAI AGES 9 +
5:30 - 6:15 PM YOUTH MUAY THAI AGES 9 +		5:30 - 6:15 PM YOUTH MUAY THAI AGES 9 +		5:30 - 6:15 PM YOUTH MUAY THAI AGES 9 +	
6:15 - 7:00 PM YOUTH BRAZILIAN JIU-JITSU AGES 9 +		6:15 - 7:00 PM YOUTH BRAZILIAN JIU-JITSU AGES 9 +			
LADIES KICKBOXING FIT SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 - 6:15 pm LADIES KICKBOXING FIT		5:30 - 6:15 pm LADIES KICKBOXING FIT		
KICKBOXING FIT SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15 - 7:00 pm KICKBOXING FIT	6:15 - 7:00 pm KICKBOXING FIT	6:15 - 7:00 pm KICKBOXING FIT	6:15 - 7:00 pm KICKBOXING FIT		10:00 - 11:00 am KICKBOXING FIT
ADULTS BRAZILIAN JIU-JITSU SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00 pm BRAZILIAN JIU-JITSU GI	7:00 - 8:00 pm BRAZILIAN JIU-JITSU GI	7:00 - 8:00 pm BRAZILIAN JIU-JITSU GI		6:15 - 8:00 pm BRAZILIAN JIU-JITSU OPEN TRAINING	10:00 - 11:00 am BRAZILIAN JIU-JITSU GI
8:00 - 8:30 pm BJJ RANDORI		8:00 - 8:30 pm BJJ RANDORI			
ADULTS MUAY THAI SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00 pm MUAY THAI MIXED LEVELS		7:00 - 8:00 pm MUAY THAI MIXED LEVELS		6:15 - 7:00 pm SPARRING	10:00 - 11:00 am MUAY THAI MIXED LEVELS
8:00 - 8:30 pm OPEN TRAINING		8:00 - 8:30 pm OPEN TRAINING		7:00 - 8:00 pm MUAY THAI MIXED LEVELS	