



# Adult / Teen Class Schedule

## HOURS OF OPERATION

6a - 7a (Boot Camp M/W/F)

9a - 8p (Mon - Thu)

9a - 4p (Fri) | 9a - 2p (Sat)

| TIME            | LOCATION    | MONDAY                                    | TUESDAY                                   | WEDNESDAY                                 | THURSDAY                                  | FRIDAY                                    | SATURDAY                                 |
|-----------------|-------------|---|---|---|---|---|--|
| 6am - 7am       | MAT AREA 1  | BOOT CAMP<br>All Levels                   |   | BOOT CAMP<br>All Levels                   |   | BOOT CAMP<br>All Levels                   |  |
| 6am - 7am       | MAT AREA 2  | GI JIU JITSU<br>All Levels                |   | GI JIU JITSU<br>All Levels                |   | NO GI JIU JITSU<br>All Levels             |  |
| 8am - 9am       | MAT AREA 2  |   | GI JIU JITSU<br>All Levels                |   | GI JIU JITSU<br>All Levels                |   |  |
| 9am -10am       | MAT AREA 1  | KICKBOXING<br>All Levels                  | KICKBOXING<br>All Levels                  | KICKBOXING<br>All Levels                  | KICKBOXING<br>All Levels                  | KICKBOXING<br>All Levels                  | KICKBOXING<br>All Levels                 |
| 9am -10am       | MAT AREA 2  | PRO/AM TEAM PRACTICE *<br>Invite Required |   |   |   | PRO/AM TEAM PRACTICE *<br>Invite Required | JIU JITSU OPEN MAT<br>All Levels         |
| 10am - 11am     | MAT AREA 1  |   |   |   |   | NO GI JIU JITSU<br>All Levels             | STRIKING / PAD WORK<br>All Levels        |
| 10am - 11:15am  | MAT AREA 2  | GI JIU JITSU<br>All Levels                | PRO/AM TEAM PRACTICE *<br>Invite Required | GI JIU JITSU<br>All Levels                | PRO/AM TEAM PRACTICE *<br>Invite Required | PRO/AM TEAM PRACTICE *<br>Invite Required |  |
| 10am - 11am     | XC FIT AREA |   | CROSS TRAINING<br>All Levels              |   | CROSS TRAINING<br>All Levels              |   | CROSS TRAINING<br>All Levels             |
| 10:30 - 12pm    | MAT AREA 2  |   |   |   |   |   | FIGHT FUNCTIONAL JIU JITSU<br>All Levels |
| 11am - 12pm     | MAT AREA 2  | MMA<br>All Levels                         | PRO/AM TEAM PRACTICE *<br>Invite Required | MMA<br>All Levels                         | PRO/AM TEAM PRACTICE *<br>Invite Required | MMA<br>All Levels                         |  |
| 12pm - 1pm      | MAT AREA 1  | CARDIO KICKBOXING<br>All Levels           | CARDIO KICKBOXING<br>All Levels           | CARDIO KICKBOXING<br>All Levels           | CARDIO KICKBOXING<br>All Levels           | CARDIO KICKBOXING<br>All Levels           | CARDIO KICKBOXING<br>All Levels          |
| 12pm - 1pm      | MAT AREA 2  |   |   |   |   |   | KIDS NO GI JIU JITSU<br>Beginners        |
| 1pm - 2pm       | MAT AREA 1  |   |   |   |   |   | KIDS BANG MUAY THAI<br>Beginners         |
| 3:30pm - 4:30pm | MAT AREA 2  | PRO/AM TEAM PRACTICE *<br>Invite Required | PRO/AM TEAM PRACTICE *<br>Invite Required | PRO/AM TEAM PRACTICE *<br>Invite Required | PRO/AM TEAM PRACTICE *<br>Invite Required |   |  |
| 4:30pm - 5pm    | UPSTAIRS    |   | MINIS JIU JITSU<br>Ages 4-7               |   | MINIS JIU JITSU<br>Ages 4-7               |   |  |
| 5pm - 6pm       | UPSTAIRS    | WRESTLING<br>All Levels                   | WRESTLING<br>All Levels                   | WRESTLING<br>All Levels                   | WRESTLING<br>All Levels                   |   |  |
| 5pm - 6pm       | MAT AREA 1  | KICKBOXING<br>All Levels                  | KICKBOXING<br>All Levels                  | KICKBOXING<br>All Levels                  | KICKBOXING<br>All Levels                  |   |  |
| 5pm - 6pm       | MAT AREA 2  | KIDS GI JIU JITSU<br>Beginners            | KIDS GI JIU JITSU<br>Beginners            | KIDS GI JIU JITSU<br>Beginners            | KIDS NO GI JIU JITSU<br>Beginners         |   |  |
| 6pm - 7pm       | MAT AREA 1  | KIDS WRESTLING<br>Beginners               | KIDS BANG MUAY THAI<br>Beginners          | KIDS WRESTLING<br>Beginners               | KIDS BANG MUAY THAI<br>Beginners          |   |  |
| 6pm - 7pm       | MAT AREA 2  | GI JIU JITSU<br>All Levels                | NO GI JIU JITSU<br>All Levels             | GI JIU JITSU<br>All Levels                | NO GI JIU JITSU<br>All Levels             |   |  |
| 6pm - 7pm       | MAT AREA 2B | GI JIU JITSU<br>Beginners                 | NO GI JIU JITSU<br>Beginners              | GI JIU JITSU<br>Beginners                 | NO GI JIU JITSU<br>Beginners              |   |  |
| 6pm - 7pm       | XC FIT AREA | CROSS TRAINING<br>All Levels              | CROSS TRAINING<br>All Levels              | CROSS TRAINING<br>All Levels              | CROSS TRAINING<br>All Levels              |   |  |
| 7pm - 8pm       | MAT AREA 1  | BOXING<br>All Levels                      |   | BOXING<br>All Levels                      |   |   |  |
| 7pm - 8pm       | MAT AREA 2  | MMA<br>All Levels                         | AMATEUR TEAM *<br>Invite Required         | MMA<br>All Levels                         | AMATEUR TEAM *<br>Invite Required         |   |  |

All KICKBOXING CLASSES REQUIRE RANKED BMT OR WHITE SHIRTS TO ATTEND.

\* Must have prior approval from coaches to attend these classes

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