

# CLASS SCHEDULE

## MONDAY

8:00 – 9:00 MUAY THAI TOCO  
8:00 – 9:00 BJJ FUNDAMENTAL SAM  
9:30 – 11:00 PRO TRAINING JEAN  
11:30 – 12:30 BJJ FUNDAMENTAL JEAN  
12:00 – 1:00 MUAY THAI TOCO  
4:40 – 5:30 CAPOEIRA JEAN  
5:00 – 5:45 LIL MONSTERS CHARLI/ANDI  
5:30 – 6:30 EAGLES (AGES 12-15) (LEVEL I/II) DANNY OR CHRIS  
5:30 – 6:30 JR. SAMURAI KIDS JJ (AGES 7-11) (LEVEL I/II) JEAN  
6:30 – 7:30 NOGI TAKEDOWN MONDAY'S ADULTS ADV KEVIN/ALEXIS  
6:30 – 7:30 BJJ FUND/INTERMEDIATE JEAN  
7:30 – 8:30 WOMEN'S JIU JITSU JEAN/CHARLI  
7:30 – 8:30 NOGI ALL SAM  
7:30 – 8:30 MUAY THAI TOCO

## TUESDAY

8:00 – 9:00 BJJ ALL LEVELS SAM  
9:30 – 11:00 PRO TRAINING JEAN  
12:00 – 1:00 MUAY THAI TOCO  
5:00 – 5:45 LIL MONSTERS (AGES 4-6) CHARLI/ANDI  
5:30 – 6:30 EAGLES (AGES 12-15) COMP CLASS (LEVEL I/II) DANNY  
5:30 – 6:30 JR. SAMURAI KIDS JJ (AGES 7-11) (LEVEL I/II) JEAN  
6:30 – 7:30 MUAY THAI TOCO  
6:30 – 7:30 MUAY THAI KIDS (KIDS/TEENS) JEAN/GARIS  
7:30 – 8:30 BJJ FUNDAMENTAL CHRIS OR DANNY  
7:30 – 8:30 BJJ ADVANCE JEAN

## WEDNESDAY ALL CLASSES NOGI

8:00 – 9:00 MUAY THAI TOCO  
8:00 – 9:00 NOGI ALL LEVEL SAM  
9:30 – 11:00 PRO TRAINING JEAN  
11:30 – 12:30 NOGI FUNDAMENTAL DANNY  
4:40 – 5:30 CAPOEIRA JEAN  
5:00 – 5:45 LIL MONSTERS (AGES 4-6) CHARLI/ANDI  
5:30 – 6:30 NOGI ALL KIDS JEAN/SAM  
6:30 – 7:30 LEGLOCK WEDNESDAY'S ADVANCE SAM  
6:30 – 7:30 NOGI FUNDAMENTAL JEAN  
6:30 – 7:30 WOMEN'S MUAY THAI CLASS TOCO  
7:30 – 8:30 NOGI INTERMEDIATE/ADV SAM  
7:30 – 8:30 MUAY THAI TOCO

## THURSDAY

8:00 – 9:00 BJJ ALL LEVELS SAM  
9:30 – 11:00 PRO TRAINING JEAN  
12:00 – 1:00 MUAY THAI TOCO  
5:00 – 5:45 LIL MONSTERS (AGES 4-6) CHARLI/ANDI  
5:30 – 6:30 EAGLES (AGES 12-15) (LEVEL I/II) DANNY OR CHRIS  
5:30 – 6:30 JR. SAMURAI (AGES 7-11) COMP CLASS JEAN  
6:30 – 7:30 ROUNDS THURSDAY'S BJJ ADVANCED JEAN  
6:30 – 7:30 MUAY THAI KIDS/TEENS TOCO/GARIS  
7:30 – 8:30 BJJ FUNDAMENTAL /INTERMEDIATE JEAN/CHASE  
7:30 – 8:30 MUAY THAI TOCO

## FRIDAY

8:00 – 9:00 MUAY THAI TOCO  
11:30 – 12:30 NOGI FUNDAMENTAL DANNY  
5:30 – 6:30 WOMEN'S BJJ ROB/CHARLI

## SATURDAY

10:00 – 11:00 KIDS/TEENS COMPETITION TEAM JEAN  
11:00 – 12:00 BJJ ALL LEVELS JEAN  
11:00 – 12:00 KIDS MUAY THAI (KIDS/TEENS) TOCO  
12:00 – 1:00 BJJ IN SCHOOL OPEN MAT\* JEAN  
12:00 – 1:00 MUAY THAI ALL TOCO

## SUNDAY

12:00 – 1:00 YOGA SAMI

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