

CLASS SCHEDULE

MONDAY

6:30	JIU JITSU FUNDAMENTAL	DANNY
8:00	NOGI FUNDAMENTAL	DANNY
8:00	MUAY THAI	ANDY
9:30	PRO TRAINING	JEAN
11:30	JIU JITSU ALL LEVELS	JEAN
4:45	LIL MONSTERS (AGES 4-6)	ANDI
5:30	KIDS JIU JITSU (AGES 7-11)	JEAN
5:30	TEENS JIU JITSU (AGES 12-15)	DANNY
6:30	JIU JITSU ALL LEVELS (TECHNIQUE MONDAY)	DANNY/JEAN
6:30	MUAY THAI ADULTS	ANDY
7:30	OPEN MAT (STUDENTS ONLY)	STUDENT GUIDED
7:30	MMA CLASS	JEAN/ANDY

TUESDAY

8:00	JIU JITSU	JEAN
9:30	PRO TRAINING	JEAN
12:00	MUAY THAI ADULTS	ANDY
4:45	LIL MONSTERS (AGES 4-6)	ANDI
5:30	KIDS JIU JITSU COMPETITION CLASS (AGES 7-11)	JEAN
5:30	TEENS JIU JITSU COMPETITION CLASS (AGES 12-15)	DANNY
6:30	MUAY THAI KIDS & TEENS	ANDY/GARIS
6:30	COMPETITION CLASS	STUDENT GUIDED
7:30	JIU JITSU FUNDAMENTAL & ADVANCE	DANNY/JEAN
7:30	MUAY THAI ADULTS	ANDY

WEDNESDAY ALL CLASSES NOGI

8:00	NOGI JIU JITSU ALL LEVELS	JEAN
8:00	MUAY THAI	ANDY
9:30	PRO TRAINING	JEAN
11:30	NOGI JIU JITSU FUNDAMENTAL	DANNY
4:45	LIL MONSTERS (AGES 4-6)	ANDI
5:30	NOGI KIDS JIU JITSU (AGES 7-11)	JEAN
5:30	NOGI TEEN JIU JITSU (AGES 12-15)	DANNY
6:30	NOGI JIUJITSU FUNDAMENTAL; LEG LOCK CLASS	JEAN
6:30	WOMEN'S MUAY THAI	ANDY
7:30	NOGI JIUJITSU ALL LEVELS	JEAN
7:30	MUAY THAI ADULTS	ANDY

THURSDAY

8:00	JIU JITSU ALL LEVELS	JEAN
9:30	PRO TRAINING	JEAN
12:00	MUAY THAI	ANDY
4:45	LIL MONSTERS (AGES 4-6)	ANDI
5:30	KIDS JIU JITSU (AGES 7-11)	JEAN
5:30	TEENS JIU JITSU (AGES 12-15)	DANNY
6:30	ROUNDS CLASSES ADVANCE	JEAN
6:30	MUAY THAI KIDS & TEENS	ANDY
7:30	JIU JITSU FUNDAMENTAL	CHASE
7:30	MUAY THAI ADULTS	ANDY

FRIDAY

8:00	MUAY THAI ADULTS	ANDY
11:30	NOGI JIUJITSU FUNDAMENTAL	DANNY
5:00	SPECIAL CLASSES	

SATURDAY

10:00	KIDS COMPETITION TEAM	DANNY
10:00	WOMEN'S SELF DEFENSE	JEAN
11:00	JIU JITSU ALL LEVELS	JEAN
11:00	MUAY THAI KIDS	ANDY
12:00	JIU JITSU OPEN MAT	OPEN MAT
12:00	MUAY THAI ADULTS	ANDY

SUNDAY

12:00	YOGA	SAMI
3:30	TECHNIQUE CLASS	

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