

KIDS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30-4pm Pandas 4-7yrs	3:30-4pm Koalas 2-4yrs	3:30-4pm Pandas 4-7yrs	3:30-4pm Pandas 4-7yrs	3:30-4pm Koalas 2-4yrs	9:30-10am Koalas 2-4yrs
4-4:45pm Monkeys 7+	4:10-4:40pm Pandas 4-7yrs	4-4:45pm Monkeys 7+	4-4:45pm Monkeys 7+	4:10-4:40pm Pandas 4-7yrs	10-10:30am Pandas & Monkeys 4-7+
4:45-5:30pm Sharks 11-16+ or Invite Only	4:45-5:30pm Monkeys 7+	4:45-5:30pm Sharks 11-16+ or Invite Only	4:45-5:30pm Sharks 11-16+ or Invite Only	4:45-5:30pm Monkeys 7+	10:30-11:15am Sharks 11-16+ or Invite Only

NO LOCK-IN CONTRACT + NO JOINING FEES + NO EXIT FEES
ASK US ABOUT OUR FAMILY DISCOUNT!

ADULTS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30-6:30pm MMA	5:30-6:30pm Beginner BJJ (No-Gi)	5:30-6:30pm All levels BJJ (Gi)	5:30-6:30pm Beginner BJJ (Gi)	5:30-6:30pm All levels BJJ (No-Gi)	11:15-12pm All levels BJJ
6:30-7:30pm All levels BJJ (Gi)	6:30-7:30pm All levels BJJ (No-Gi)	6:30-7:30pm All levels MMA	6:30-7:30pm Leg Locks, Wresting & Take-downs (No-Gi)	6:30-7:30pm Striking / Open mat	12pm Open Mat
7:30pm Programs	7:30-Close Open mat	7:30-Close Open mat	7:30-Close Open mat		



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