

JUNIOR CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					9:00AM – 9:30AM Koalas (2-4) Non-Contact
3:45PM – 4:15PM Pandas (4-7 Years)	3:45PM – 4:15PM Koalas (2-4 Years)	3:45PM – 4:15PM Pandas (4-7 Years)	3:45PM – 4:15PM Pandas (4-7 Years)	3:45PM – 4:15PM Pandas (4-7 Years)	9:40AM – 10:10AM Pandas (4-7 Years)
4:20PM – 5:00PM Monkeys (7-15 Years)	4:20PM – 5:00PM Pandas (4-7 Years)	4:20PM – 5:00PM Monkeys (7-15 Years)	4:20PM – 5:00PM Monkeys (7-15 Years)	4:20PM – 5:00PM Monkeys (7-15 Years)	10:20AM – 11:00AM Monkeys (7-15 Years)
5:05PM – 5:45PM Junior MMA (7-15 Years)	5:05PM – 5:45PM Monkeys (7-15 Years)	5:05PM – 5:45PM ELITE SQUAD (Invite Only)	5:05PM – 5:45PM Junior MMA (7-15 Years)	5:05PM – 5:45PM ELITE SQUAD (Invite Only)	11:10AM – 11:50AM Family BJJ Class Kids & Adults <small>(Non-paying family members welcome)</small>

ADULT GRAPPLING & SELF-DEFENCE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30PM – 7:30PM BJJ Fundamentals	6:30PM – 7:30PM MMA / No-Gi	6:30PM – 7:30PM BJJ Fundamentals		6:30PM – 7:30PM BJJ Fundamentals	11:10AM – 11:50AM Family BJJ Class Kids & Adults <small>(Non-paying family members welcome)</small>
7:30PM – 8:00PM Sparring		7:30PM – 8:00PM Sparring		7:30PM – 8:00PM Sparring	

KOALAS DONE WITH A PARENT HELPING THE CHILD THROUGH A CIRCUIT OF AWESOME ACTIVITIES DESIGNED TO IMPROVE GROSS MOTOR SKILLS AND SERVE AS AN INTRO INTO MARTIAL ARTS TRAINING. LOADS OF FUN AND A GREAT CLASS FOR THE BONDING BETWEEN PARENT AND CHILD.

PLAYFUL PANDAS PLAY IS SCIENTIFICALLY PROVEN AS THE BEST WAY FOR YOUNG CHILDREN TO LEARN. IN THIS CLASS THEY WILL DEVELOP THE SAME SKILLS AND TECHNIQUES AS OLDER KIDS AND ADULTS BUT IT IS TAUGHT IN A PLAYFUL MANNER THAT WILL MAKE LEARNING EASIER AND MORE FUN FOR YOUR CHILD. GREAT FOR BUILDING SELF-CONFIDENCE AND DISCIPLINE.

MIGHTY MONKEYS WE WANT ALL OF OUR MEMBERS TO ACHIEVE TO THEIR FULLEST – THAT IS TO BE MIGHTY! IN THIS AGE GROUP THE KIDS ARE LEARNING IN A MORE ADULT-WAY. THIS BRINGS FOCUS, DISCIPLINE AND REWARD FOR EFFORT TO THE FOREFRONT OF OUR TEACHING STYLE.

ALL LEVELS A CLASS FOR BOTH BEGINNERS AND ADVANCED MEMBERS TO TRAIN TOGETHER. YOU WILL BE PAIRED UP WITH SOMEONE OF SIMILAR ABILITY!

NO-GI WITHOUT THE GI (UNIFORM). BRING SHORTS AND A RASH GUARD OR T-SHIRT.

