



SCHEDULE



BRAZILIAN JIU-JITSU:

MONDAY:	6:30 – 8:15	NO-GI (T-SHIRT)*
	8:15 – 9:30	CURRICULUM FOR BELTS
TUESDAY:	1:00 – 2:30	NO-GI (T-SHIRT)*
WEDNESDAY:	6:30 – 8:15	NO-GI (T-SHIRT)*
	8:15 – 9:30	CURRICULUM FOR BELTS
THURSDAY:	1:00 – 2:30	NO-GI (T-SHIRT)*
FRIDAY:	6:30 – 8:00	OPEN MAT / ROLLING

WOMEN'S BRAZILIAN JIU-JITSU:

TUESDAY:	5:30 – 6:30	GI*
THURSDAY:	5:30 – 6:30	GI*

CHILDREN BRAZILIAN JIU-JITSU (SEMESTERS: SEP – JAN, FEB - JUN):

MONDAY:	5:30 – 6:30	GI
WEDNESDAY:	5:30 – 6:30	NO-GI

MUAY THAI / KICKBOXING:

MONDAY:	1:00 – 2:30	GROUP CLASS*
TUESDAY:	5:00 – 6:30	THAI PAD WORK-OUT
	6:30 – 8:00	GROUP CLASS*
WEDNESDAY:	1:00 – 2:30	GROUP CLASS*
THURSDAY:	6:30 – 8:00	GROUP CLASS*
FRIDAY:	5:00 – 6:30	THAI PAD WORK-OUT
SATURDAY:	12:30 – 2:00	GROUP CLASS*

MMA (CLUB MEMBERS ONLY, 18 years or older):

MONDAY:	8:15 – 9:45
WEDNESDAY:	8:15 – 9:45

WRESTLING:

TUESDAY:	8:00 – 9:45*
THURSDAY:	8:00 – 9:45*
SATURDAY:	8:00 – 9:45*

CAPOERIA:

SATURDAY:	4:30 – 6:00*	(ONE WEEK TRIAL CLASSES *)
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