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# **SCHEDULE**

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**- Monday -**

**10:00-11:00am All Levels Adult Jiu Jitsu**  
**5:00-6:00pm Youth Jiu Jitsu**  
**6:00-7:00pm All Levels Adult Kickboxing**  
**7:00-8:30pm All Levels Adult NoGi**

**- Tuesday -**

**10:00-11:00am All Levels Adult Jiu Jitsu**  
**5:00-6:00pm Youth Jiu Jitsu**  
**6:00-7:00pm All Levels Adult Kickboxing**  
**7:00-8:30pm All Levels Adult Jiu Jitsu**

**- Wednesday -**

**10:00-11:00am All Levels Adult Jiu Jitsu**  
**5:00-6:00pm Youth Jiu Jitsu**  
**6:00-7:00pm All Levels Adult Kickboxing**  
**7:00-8:30pm All Levels Adult NoGi**

**- Thursday -**

**10:00-11:00am All Levels Adult Jiu Jitsu**  
**5:00-6:00pm Youth Jiu Jitsu**  
**6:00-7:00pm All Levels Adult Kickboxing (Sparring)**  
**7:00-8:30pm All Levels Adult JiuJitsu**

**- Friday -**

**6:00-7:30pm All Levels Adult NoGi**

**- Saturday -**

**9:00-10:00am Youth Kickboxing**  
**10:00-11:00am All Levels Adult Kickboxing**  
**11:00am-12:30pm All Levels Adult Jiu Jitsu**

**Sunday Open Mat 10:00am**

**Private Lessons Available, Call to Schedule 561-281-5898**