Adult SCHEDULE

East Coast Jiu-Jitsu Kickboxing Combat Club

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am			JiuJitsu Rotates Gi/NoGi monthly		JiuJitsu Rotates Gi/NoGi monthly		
7am							
8am							
9am							Cardio Kickboxing
10am	Open Mat	JiuJitsu		JiuJitsu		Women's JiuJitsu	
11am							10:30 JiuJitsu
12pm							
1pm							
2pm							
3pm							
4pm							
5pm		Cardio Kickboxing		Cardio Kickboxing			
6pm		MMA or JiuJitsu	Kickboxing or Women's NoGi	MMA or JiuJitsu	Kickboxing Or Women's Kickboxing	Open Mat	
7pm		NoGi	JiuJitsu	NoGi	JiuJitsu		

Ages 14 and up

Kids SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7am							
8am							*Kickboxing (5-13)*
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm		*JiuJitsu (8-13)*	*Jiujitsu (5-7) MMA(8-13)*	*JiuJitsu (8-13)*	*Jiujitsu (5-7) MMA(8-13)*	*NoGi (8-13)*	
6pm							
7pm							

Age Groups: 5-7 & 8-13