

BJJ-A BJJ Application

BJJ-E BJJ Endurance

KB-F Kickboxing Fundamentals

Kids Kids

KKB Kardio Kickboxing

	SUN	MON	TUE	WED	THUR	FRI	SAT
11:15 am							
12:00 pm							
4:15 pm							
5:45 pm		KKB 45min	KKB 45min	KKB 45min	KKB 45min		
6:30 pm		KIDS-BJJ 60min	BJJ-A 60min	KIDS-BJJ 60min	BJJ-A 60min		
7:30 pm		BJJ-A 60min	BJJ-E 30min	BJJ-A 60min	BJJ-E 30min		
8:00 pm			KB-Fund 60min		KB-Fund 60min		
8:30 pm		KKB 45min		KKB 45min			

9:00 pm