

BJJ-A BJJ Application

BJJ-E BJJ Endurance

KB-F Kickboxing Fundamentals

KIDS - Kids' BJJ

KKB Kardio Kickboxing

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