

CLASS SCHEDULE

BAYTOWN

RED TIER 1

Adult BJJ: Brazilian Jiu-Jitsu
Cardio KB: Cardio Kickboxing

ORANGE (7&UP)

Kids BJJ: Brazilian Jiu-Jitsu

GREEN TIER 2

Adult BJJ: Brazilian Jiu-Jitsu
BJJ End: Brazilian Jiu-Jitsu Endurance

Gi/No Gi BJJ End: Brazilian Jiu-Jitsu Endurance

Fund KB: Fundamental KB

Kids BB: Kids Black Belt Club

YELLOW (4-6 YRS.)

Kids BJJ: Kids Brazilian Jiu-Jitsu



	MON	TUES	WED	THURS	FRI	SAT
5:30 AM						
6:00 AM						
10:45 AM		Fundamental KB 30 min		Fundamental KB 30 min		
11:15 AM		Cardio KB 45 min		Cardio KB 45 min		
12:00 PM		Adult BJJ 60 min		Adult BJJ 60 min		
1:00 PM						
5:00 PM	Kids BJJ (4-6) 30 min	Kids BJJ (4-6) 30 min	Kids BJJ (4-6) 30 min	Kids BJJ (4-6) 30 min		
5:30 PM	Kids BJJ (7-11) 45 min	Kids BJJ (7-11) 45 min	Kids BJJ (7-11) 45 min	Kids BJJ (7-11) 45 min	Kids BB Club 45 min	
6:15 PM	Cardio/Fund KB 45 min	Cardio/Fund KB 45 min	Cardio/Fund KB 45 min	Cardio/Fund KB 45 min	Cardio/Fund KB 45 min	
7:00 PM	Adult BJJ 60 min	Adult BJJ 60 min	Adult BJJ 60 min	Adult BJJ 60 min	Adult BJJ 60 min	
8:00 PM	Gi BJJ End 60 min	No Gi BJJ End 60 min	Gi BJJ End 60 min	No Gi BJJ End 60 min		