

CLASS SCHEDULE

KINGWOOD

ADULT TIER 1

BJJ: Brazilian Jiu-Jitsu
KB: Kickboxing

ADULT TIER 2

BJJ End: Brazilian Jiu-Jitsu
Endurance
MMA NoGi: Mixed Martial
Arts/No Gi BJJ

KIDS + TEENS

Kids BJJ: Kids Brazilian Jiu-Jitsu



	MON	TUES	WED	THURS	FRI	SAT
5:30 AM						
6:00 AM			BJJ 60 min		BJJ 60 min	
11:00 AM						
11:15 AM						
12:00 PM		BJJ 60 min		BJJ 60 min		
1:00 PM						
4:30 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		
5:00 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 Advanced 45 min	
6:00 PM	KB 60 min	KB 60 min	KB 60 min	KB 60 min	KB 60 min	
7:00 PM	BJJ 60 min	BJJ 60 min	BJJ 60 min	BJJ 60 min	BJJ 60 min	
8:00 PM	BJJ End 60 min	MMA NoGi 60 min	BJJ End 60 min	MMA NoGi 60 min		