

CLASS SCHEDULE

HOUSTON - WESTHEIMER

ADULT TIER 1

MTK: Muay Thai Kickboxing
 KKB: Cardio Kickboxing
 BJJ APP: Brazilian Jiu-Jitsu Application
 MMA: Mixed Martial Arts

ADULT TIER 2

BJJ End: Brazilian Jiu-Jitsu Endurance
 MMA End: Mixed Martial Arts Endurance
 MTK Adv: Muay Thai Advanced
 NoGi End: No Gi Endurance

KIDS + TEENS

Tiny Tigers: 4-5 year olds
 Lil Ninjas: 6-9 year olds
 Spartans: 10 and up

Green Stripe Required
 Coach Invitation Required



| | MON | TUES | WED | THURS | FRI | SAT |
|----------|---|--|---|--|---|--|
| 6:00 AM | | Adult BJJ 60 min | | Adult BJJ 60 min | | |
| 9:30 AM | | | | | | KKB 45 min |
| 10:00 AM | | | | | | Lil Ninjas (60m) Spartans (60m) |
| 11:00 AM | | | | | | Adult BJJ (60m) Adv Youth BJJ (20m) |
| 11:15 AM | Adult BJJ 60 min | | Adult BJJ 60 min | | Adult BJJ 60 min | |
| 12:00 PM | | | | | | Adult BJJ End 30 min |
| 12:30 PM | | | | | | Adult Boxing 60 min |
| 5:30 PM | Lil Ninjas (60m) Spartans (60m) | Adult BJJ End (60m) Teen BJJ End (60m) | Lil Ninjas (60m) Spartans (60m) | Adult BJJ End (60m) Teen BJJ End (60m) | | |
| 5:45 PM | | KKB 45 min | | KKB 45 min | KKB 45 min | |
| 6:30 PM | Tiny Tigers (30m) KKB (45m) No-Gi End BJJ (60m) | Lil Ninjas (60m) Muay Thai (60m) MTK Adv (60m) | Tiny Tigers (30m) KKB (45m) No-Gi End BJJ (60m) | Lil Ninjas (60m) Muay Thai (60m) MTK Adv (60m) | Adult BJJ (60m) Teen BJJ (60m) | |
| 7:30 PM | Adult BJJ 60 min | MMA (60m) Teen MMA (60m) | Adult BJJ 60 min | MMA (60m) Teen MMA (60m) | Adult BJJ End (30m) Teen BJJ End (30m) | |
| 8:30 PM | Adult BJJ End 30 min | MMA End (30m) Teen MMA End (30m) | Adult BJJ End 30 min | MMA End (30m) Teen MMA End (30m) | | |