

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
 MMA 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						Little 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	Little Ninjas (60m) Spartans (60m)	Adult BJJ End (60m) Teen BJJ End (60m)	Little Ninjas (60) Spartans (60)	Adult BJJ End (60m) Teen BJJ End (60m)		
5:45 PM		KKB 45 min		KKB 45 min		
6:30 PM	KKB (45m) Tiny Tigers (30m) No-Gi End BJJ (60m)	MT KB (60m) Little Ninjas (60m) MTK Adv (60m)	KKB (45m) Tiny Tigers (30m) No-Gi End BJJ (60m)	MT KB (60m) Little Ninjas (60m) MTK Adv (60m)		
7:30 PM	Adult BJJ 60 min	MMA (60) Teen MMA (60)	Adult BJJ 60 min	MMA (60) Teen MMA (60)		
8:30 PM	Adult BJJ End 30 min	MMA End (30) Teen MMA End (30)	Adult BJJ End 30 min	MMA End (30) Teen MMA End (30)		