

CLASS SCHEDULE

HOUSTON - GALLERIA

ADULT TIER 1

KKB: Cardio Kickboxing

ADULT TIER 1 + 2

BJJ APP: Brazilian Jiu-Jitsu Application

MMA NoGi: Mixed Martial Arts/No Gi BJJ

ADULT TIER 2

MTK Adv: Muay Thai Advanced

BJJ End: Brazilian Jiu-Jitsu Endurance

MMA NoGi End: No Gi Endurance

SEASONAL

MMA Bootcamp

KIDS + TEENS

Youth BJJ: 7 and up BJJ

Youth BJJ/MMA: Kids Mixed Martial Arts

Little Ninjas: 4-6 year old BJJ



| | MON | TUES | WED | THURS | FRI | SAT |
|----------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|-------------------------------|------------------------|
| 5:30 AM | MMA NoGi 60 min | | MMA NoGi 60 min | | MMA NoGi 60 min | |
| 8:30 AM | | MMA Bootcamp 45 min | | MMA Bootcamp 45 min | | |
| 9:30 AM | | MMA Bootcamp 45 min | | MMA Bootcamp 45 min | | |
| 10:00 AM | | | | | | KKB 45 min |
| 11:00 AM | | | | | | MMA NoGi 60 min |
| 11:15 AM | KKB 45 min | BJJ APP 60 min | KKB 45 min | MMA NoGi 60 min | | |
| 12:00 PM | | | | | | MMA NoGi End 30 min |
| 4:30 PM | Little Ninjas (4-6) 30 min | Little Ninjas (4-6) 30 min | Little Ninjas (4-6) 30 min | Little Ninjas (4-6) 30 min | Little Ninjas (4-6) 30 min | |
| 5:00 PM | Youth BJJ (7&up) 60 min | Youth BJJ (7&up) 60 min | Youth BJJ (7&up) 60 min | Youth BJJ (7&up) 60 min | Youth BJJ/MMA 60 min | |
| 6:15 PM | KKB 45 min | KKB 45 min | KKB 45 min | KKB 45 min | KKB 45 min | |
| 7:00 PM | BJJ APP 60 min | MTK Adv 60 min | BJJ APP 60 min | MTK Adv 60 min | BJJ APP 60 min | |
| 8:00 PM | BJJ End 60 min | MMA NoGi 60 min | BJJ End 60 min | MMA NoGi 60 min | BJJ End 30 min | |