

CLASS SCHEDULE

HOUSTON - MEMORIAL

ADULT TIER 1

BJJ: Brazilian Jiu-Jitsu
KKB: Cardio Kickboxing

ADULT TIER 2

MMA NoGi: Mixed Martial Arts/No Gi BJJ

KIDS + TEENS

Youth BJJ: Youth Brazilian Jiu-Jitsu

ADULT TIER 1 + 2

BJJ APP: Brazilian Jiu-Jitsu Application

SEASONAL

MMA Bootcamp



	MON	TUES	WED	THURS	FRI	SAT
8:30 AM	MMA Bootcamp 45 min		MMA Bootcamp 45 min		MMA Bootcamp 45 min	
9:30 AM	MMA Bootcamp 45 min		MMA Bootcamp 45 min		MMA Bootcamp 45 min	
10:00 AM						
11:00 AM						
12:00 PM	KKB 45 min	BJJ APP 60 min	KKB 45 min	BJJ APP 60 min		
1:00 PM						
5:00 PM					BJJ APP 60 min	
5:15 PM	Youth BJJ 45 min	Youth BJJ 45 min	Youth BJJ 45 min	Youth BJJ 45 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	MMA NoGi 60 min	BJJ APP 60 min	MMA NoGi 60 min		
8:00 PM						