

# CLASS SCHEDULE

## ATASCOCITA

### ADULT TIER 1

KKB: Cardio Kickboxing

### ADULT TIER 2

BJJ End: Brazilian Jiu-Jitsu  
Endurance Training

MMA NoGi: Mixed Martial  
Arts/No Gi BJJ

### KIDS + TEENS

Lil Ninjas: 6-9 year olds

Kids BJJ: Kids Brazilian Jiu-Jitsu

Kids MMA: Kids Mixed Martial Arts



### ADULT TIER 1 + 2

BJJ APP: Brazilian Jiu-Jitsu  
Application

	MON	TUES	WED	THURS	FRI	SAT
5:30 AM						
10:00 AM						
11:00 AM						
11:15 AM						
12:00 PM						
1:00 PM						
4:30 PM	Lil Ninjas 30 min	Lil Ninjas 30 min	Lil Ninjas 30 min	Lil Ninjas 30 min		
5:00 PM	Kids 45 min	Kids 45 min	Kids 45 min	Kids 45 min		
6:00 PM	KKB 45 min	KKB 45 min	KKB 45 min	KKB 45 min	KKB 45 min	
7:00 PM	BJJ APP 60 min	BJJ APP 60 min	BJJ APP 60 min	BJJ APP 60 min	BJJ APP 60 min	
8:00 PM		BJJ End 45 min		BJJ End 45 min		