



**Age/ Belt Requirement:**

**ADULT FUNDAMENTALS:** 15 AND UP

**ADULT BJJ INTERMEDIATE/ADVANCED:** 15 AND UP

**ADULT JUDO INTERMEDIATE/ADVANCED:** 15 AND UP

**MUAY THAI:** 10 years old and up

**COMPETITION CLASS:** by invitation of Head Instructor

**YOUTH FUNDAMENTALS:** 11-14

**YOUTH BJJ INTERMEDIATE/ADVANCED:** 11-14

**YOUTH JUDO INTERMEDIATE/ADVANCED:** 11-14

**KIDS FUNDAMENTALS:** 7-10

**KIDS JUDO:** 7-10 / Belt Level: White Yellow and up

**KIDS BJJ:** 7-10 / Belt Level: Grey White and up

**YOUTH (AGES 11-14) & ADULT (AGES 15 AND UP) INTERMEDIATE/ADVANCED BJJ**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAY CLASSES</b>							
6:30 AM		FUNDAMENTALS/ BJJ INT&ADV		FUNDAMENTALS/ BJJ INT&ADV			
10:AM							
11:00 AM						FUNDAMENTALS/ BJJ INT&ADV	FUNDAMENTALS/ BJJ INT&ADV
12:00 NN	FUNDAMENTALS/ BJJ INT&ADV		FUNDAMENTALS/ BJJ INT&ADV		FUNDAMENTALS/ BJJ INT&ADV	11:00AM-12:00PM COMPETITION CLASS 11:00AM-1:00PM	OPEN MAT
<b>NIGHT CLASSES</b>							
6:00 PM		FUNDAMENTALS		FUNDAMENTALS			
7:00 PM	FUNDAMENTALS/ BJJ INT&ADV	BJJ INT&ADV	FUNDAMENTALS/ BJJ INT&ADV	BJJ INT&ADV			
8:00 PM	SPARRING CLASS	SPARRING CLASS	SPARRING CLASS	SPARRING CLASS			

**KIDS BJJ (AGES 7-10) GREY/WHITE BELT AND UP**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAY CLASSES</b>							
10:00 AM							
11:00 AM						FAMILY CLASS FUNDAMENTALS/ KIDS BJJ	FUNDAMENTALS/ KIDS BJJ
<b>NIGHT CLASSES</b>							
5:00 PM		FUNDAMENTALS/ KIDS BJJ		FUNDAMENTALS/ KIDS BJJ			
6:00 PM	FUNDAMENTALS/ KIDS BJJ		FUNDAMENTALS/ KIDS BJJ				

**ADVANCED LITTLE GRAPPLERS CLASSES (AGES 4-6)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAY CLASSES</b>							
10:30AM - 11:00AM						FAMILY CLASS	
<b>NIGHT CLASSES</b>							
5:30PM - 6:00PM							
6:00PM - 6:30PM	ADVANCED LITTLE GRAPPLERS		ADVANCED LITTLE GRAPPLERS				
6:30PM - 7:00PM		ADVANCED LITTLE GRAPPLERS		ADVANCED LITTLE GRAPPLERS			

**KIDS, YOUTH & ADULT JUDO CLASSES (AGES 10 AND UP)**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAY CLASSES</b>							
11:00 AM							
12:00 NN						COMPETITION CLASS	
<b>NIGHT CLASSES</b>							
5:00 PM	KIDS JUDO		KIDS JUDO				
6:00 PM		KIDS JUDO		KIDS JUDO			
7:00 PM		YOUTH&ADULT JUDO		YOUTH&ADULT JUDO			
8:00 PM	SPARRING CLASS	SPARRING CLASS	SPARRING CLASS	SPARRING CLASS			

**YOUTH & ADULT MUAY THAI CLASSES**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAY CLASSES</b>							
10:00 AM						FUNDAMENTALS & INT/ADV	
11:00 AM						SPARRING	
<b>NIGHT CLASSES</b>							
7:00 PM	FUNDAMENTALS & INT/ADV		FUNDAMENTALS & INT/ADV				
8:00 PM	SPARRING		SPARRING				