



TRAINING SCHEDULE

Monday

- **Judo** with Chris 6:00 pm to 7:00 pm
- **Advanced Brazilian Jiu-Jitsu** with Chris/Kyle 7:00 pm to 8:30 pm

Tuesday

- **Mat Monsters 8-13** with Jon/Nate/Callan 4:30 pm to 5:20 pm
- **Open Mat** – Sparring 5:30 pm to 6:30 pm
- **Intro Muay Thai Kickboxing** with Cody 6:30 pm to 7:30 pm
- **Intro Brazilian Jiu-Jitsu** with Jon 7:30 pm to 9:00 pm

Wednesday

- **Advanced Muay Thai Kickboxing** with Peter 6:00 pm to 7:30 pm
- **Advanced Brazilian Jiu-Jitsu** with Kyle 7:30 pm to 9:00 pm

Thursday

- **Advanced Brazilian Jiu-Jitsu** with Sparring 12:00 pm to 1:00 pm
- **Mat Monsters 4-7** with Jon/Nate/Callan 4:30 pm to 5:20 pm
- **Intro Muay Thai Kickboxing** with Ryan 5:30 pm to 7:00 pm
- **Open Mat** – Sparring 7:00 pm to 9:00 pm

Friday

- **Intro MMA** with Jon 5:30 pm to 6:30 pm
- **Intro Brazilian Jiu-Jitsu** with Jon 6:30 pm to 7:30 pm

Saturday

- **Mat Monsters 4-7** with Jon/Nate/Callan 10:00 am to 11:00 am
- **Mat Monsters 8-13** with Jon/Nate/Callan 11:00 am to 11:50 am
- **Mat Monsters 8-13 Advanced** with Nate/Callan 12:00 pm to 12:50 pm
- **Advanced Brazilian Jiu-Jitsu** with Jon 1:00 pm to 2:30 pm

Sunday

- **Women's ONLY Brazilian Jiu-Jitsu** with Charlene/Melissa 6:30 pm to 7:30 pm