



CLASS SCHEDULE

Monday

11:00-12:30

All Levels No Gi

4:15-4:55

Future Legends
Gi

5:00-5:50

Little Legends
Gi

6:00-7:00

Fundamentals Gi

7:00-8:00

Open Mat

Tuesday

5:00-6:00

Muay Thai

6:15-7:15

Fundamentals
No Gi

7:15-8:30

Intermediate Gi

Wednesday

11:00-12:30

All Levels Gi

4:15-4:55

Future Legends
No Gi

5:00-5:50

Little Legends
No Gi

6:00-7:15

Intermediate
Leglocks/ Wrestling
No Gi

7:15-8:15

Open Mat

Thursday

9:00-10:00

Muay Thai

6:00-7:15

Intermediate
No Gi

7:30-8:30

Fundamentals
Gi

Friday

11:00-12:30

All Levels No Gi

5:00-6:15

Muay Thai

6:15-7:30

Open Mat

Saturday

10:00-10:50

Little Legends
Gi/No Gi

11:00-12:30

All Levels Gi

Sunday

11:00-12:00

Muay Thai

12:00-12:30

Tech Sparring

- **Fundamentals:** White and blue belts
- **Intermediate:** Blue belts and up
- **Open mat:** All levels (Gi and No Gi)

- **Future legends:** Ages 3-7
- **Little legends:** Ages 8-14