



CLASS SCHEDULE

Monday

11:00-12:30

All Levels No 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

6:15-7:45

Intermediate
No Gi

Wednesday

11:00-12:30

All Levels Gi

5:00-5:50

Little Legends
No Gi

6:00-7:00

Fundamentals
No Gi

Thursday

5:00-6:00

Muay Thai
Fundamentals

6:15-7:45

Intermediate Gi

Friday

11:00-12:00

Open Mat

5:00-6:00

Muay Thai

Saturday

10:00-10:50

Little Legends
Gi/No Gi

11:00-12:30

All Levels No Gi

Sunday

11:00-12:00

Muay Thai

12:00-12:30

Tech Sparring

- **Fundamentals:** White and blue belts
- **Intermediate:** Blue belts & up preferred. White belts also welcomed

- **Open mat:** All levels (Gi and No Gi)

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