

CLASS SCHEDULE

- little Champions Kids BJJ (3 - 5 y/o)
- Juniors 1 (6 - 9 y/o)
- Juniors 2 (10 - 12 y/o)
- Adult NoGi 13y/o+
- Juniors 1 (6 - 8 y/o)
- Juniors 2 (9 - 12 y/o)
- MAJJA Functional
- Kickboxing
- Adult BJJ 13y/o+



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7:00
8:00 AM

MAJJA FUNCTIONAL
TRAINING

MAJJA FUNCTIONAL
TRAINING

MAJJA FUNCTIONAL
TRAINING

MAJJA FUNCTIONAL
TRAINING

MAJJA FUNCTIONAL
TRAINING

MAJJA FUNCTIONAL
TRAINING

8:00
9:00 AM

9:00
10:00 AM

ADULTS
KICKBOXING

ADULTS
KICKBOXING

JUNIORS 1&2
BJJ

10:00
11:00 AM

ADULTS BJJ
ALL LEVELS GI

ADULTS BJJ
ALL LEVELS GI

ADULTS BJJ
ALL LEVELS NOGI

ADULTS
KICKBOXING

11:00
12:00 PM

ADULTS BJJ
ALL LEVELS GI
(30 min sparring session)

4:30
5:00 PM

LITTLE CHAMPIONS
KIDS BJJ 3 - 5 y/o

LITTLE CHAMPIONS
KIDS BJJ
3 - 5 y/o

LITTLE CHAMPIONS
KIDS 3 - 5 y/o

LITTLE CHAMPIONS
KIDS 3 - 5 y/o

5:00
6:00 PM

JUNIORS 1 BJJ
6 - 9 y/o

JUNIORS 2 BJJ
10 - 12 y/o

JUNIORS 1 BJJ
6 - 9 y/o

JUNIORS 2BJJ
10 - 12 y/o

JUNIORS 1&2
BJJ

6:00
7:00 PM

JUNIORS 2BJJ
10 - 12 y/o

JUNIORS 1 BJJ
6 - 9 y/o

JUNIORS 2 BJJ
10 - 12 y/o

JUNIORS 1 BJJ
6 - 9 y/o

7:00
8:00 PM

ADULTS BJJ
ALL LEVELS GI
(30 min sparring session)

ADULTS BJJ
ALL LEVELS GI

ADULTS BJJ
ALL LEVELS GI
(30 min sparring session)

ADULTS BJJ
ALL LEVELS GI

ADULTS BJJ
ALL LEVELS GI
(30 min sparring session)

8:00
9:00 PM

ADULTS BJJ
ALL LEVELS NOGI

ADULTS BJJ
ALL LEVELS NOGI



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