| ADULT CLASS SCHEDULE (14+ years) | | | | | | | | |
|----------------------------------|---------------------------------|-------------------------------------------|---------------------------------|-------------------------------------------|----------------------------------------------------|-------------------------------------|---------------------------------------------------------|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| 11-12:30 PM | | | | | | BRAZILIAN JIU-JITSU ADVANCED | | |
| 12-1 PM | | BRAZILIAN JIU- JITSU BEGINNER | | BRAAZILIAN JIU-JITS BEGINNER | SU | | | |
| 12-1 PM | | ADVANCED BJJ | | ADVANCED BJJ | | | BEGINNER WOMEN'S BJJ | |
| | | | | | | | BRAZILIAN JIU-JITSU ADVANCED & BEGINNER | |
| 12:30-1:30PM | | | | | | BRAZILIAN JIU-JITSU BEGINNER | | |
| 12.00 1.001 M | | | | | | JUDO | | |
| | | | | | | OPEN MAT | | |
| 1-2:30 PM | | | | | | | OPEN MAT | |
| 6-7 PM | JUDO | | JUDO | | MMA | | | |
| 7-8 PM | BRAZILIAN JIU-JITSU ADVANCED | WRESTLING / NOGI | BRAZILIAN JIU-JITSU ADVANCED | BRAZILIAN JIU-JITSI OPEN MAT | U OPEN MAT | | | |
| | BRAZILIAN JIU-JITSU BEGINNER | STRIKING (boxing, kickboxing & MMA) | BRAZILIAN JIU-JITSU BEGINNER | STRIKING (boxing, kickboxing & MMA) | ž. | | | |
| 8 - 9 PM | | | TEEN CLASS | SCHEDULE (4) | -14 vears) | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| 9-10 AM | | | | | | BRAZILIAN JIU-JITSU (AGES 10-14) | LITTLE NINJAS MARTIAL ARTS LEVEL 2 | |
| 10-10:45 AM | | | | | | BRAZILIAN JIU-JITSU (AGES 4-6) | LITTLE NINJAS MARTIAL ARTS LEVEL 1 | |
| 10-11AM | | | | | | BRAZILIAN JIU-JITSU (AGES 7-9) | LITTLE NINJAS MARTIAL ARTS LEVEL 2 11-11:45AM | |
| | | | | | | | LITTLE NINJAS MARTIAL ARTS LEVEL 3 12-12:45 PM | |
| 5-5:45 PM | (AGES 4-6) | WRESTLING / NOGI (AGES 4-6) | JUDO (AGES 4-6) | BRAZILIAN JIU-JITSU (AGES 4-6) | MMA (Kickboxing, NOGI & MMA) (AGES 4-6) | | | |
| 5-6 PM | JUDO / BJJ (AGES 7-9) | WRESTLING / NOGI (AGES 7-9) | JUDO (AGES 7-9) | BRAZILIAN JIU-JITSU (AGES 7-9) | MMA (Kickboxing, NOGI & MMA) (AGES 7-9) | | | |
| 6-7 PM | JUDO / BJJ (AGES 10-14) | WRESTLING / NOGI (AGES 10-14) | JUDO (AGES 10-14) | BRAZILIAN JIU-JITSU (AGES 10-14) | MMA (Kickboxing, NOGI & MMA) (AGES 10-14) | | | |

| LEVEL 1 (AGES WALKING TO 2) | |
|-----------------------------|--|
| LEVEL 2 (AGE 3 - 4 YEARS) | |
| LEVEL 3 (AGES 4 - 6 YEARS) | |

| *Not all disciplines are subject to enrolment for the 1 x / week tuition | TUITION (MONTH TO MONTH AUTO RENEW) | \$29 / WEEK 1 CLASS / WEEK* \$44 / WEEK UNLIMITED CLASSES |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------------------------------------------------------|
| | | *Not all disciplines are subject to enrolment for the 1 x / week tuition |
| FAMILY TUITION (MONTH TO MONTH AUTO RENEW) • \$435 / MONTH UNLIMITED CLASSES FOR 3 FAMILY MEMBERS *FAMILY MEMBERS MUST LIVE IN THE SAME HOUSEHOLD | | • • • • • • • • • • • • • • • • • • • • |

