

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10-11:30 AM	Muay Thai Mixed Levels	Brazilian Jiu Jitsu Mixed Levels	Muay Thai Mixed Levels	Brazilian Jiu Jitsu Mixed Levels		Muay Thai Workout
11:30-1:00 PM						BJJ Workout
4:30-5:30 PM	Total Defense Program Explorers Group A	Total Defense Program Explorers Group B	Total Defense Program Explorers Group A	Total Defense Program Explorers Group B	Total Defense Explorers BBC	
5:30-6:30 PM	Brazilian Jiu Jitsu Kids	Total Defense Program Juniors	Brazilian Jiu Jitsu Kids	Total Defense Program Juniors	Total Defense Juniors BBC	
6:30-7:30 PM	Filipino Martial Arts Fundamentals	Muay Thai Fundamentals	Filipino Martial Arts Fundamentals	Muay Thai Fundamentals	Filipino Martial Arts Advanced	
	BJJ Fundamentals	BJJ Basics	BJJ Fundamentals	BJJ Basics		
7:30-9:00 PM	BJJ Advanced	Muay Thai Advanced	BJJ Advanced	Muay Thai Advanced		
8:30-9:30 PM	Muay Thai Fundamentals		Muay Thai Fundamentals			