

	Kids Program	Teen/Youth Program	Adult Programs
MONDAY	Junior Jiu-Jitsu (age 5-9) 4:30pm - 5:15pm	Jiu-Jitsu & MMA (10-15) 5:15pm - 6pm	Combat Co-Ed Kickboxing (16+) 6pm - 7pm
			Adult Japanese Jiu-Jitsu (16+) 7pm - 8pm
TUESDAY	Girls Kickboxing (age 8-13) 5:30pm - 6:15pm	Private Training	Women-only Kickboxing Advanced 6:30pm - 7:30pm
			Women-only Beginner "KickStart" (14+) 7:30pm - 8:30pm
WEDNESDAY	Junior Jiu-Jitsu (age 5-9) 4:30pm - 5:15pm	Jiu-Jitsu & MMA (10-15) 5:15pm - 6pm	Combat Co-Ed Kickboxing (16+) 6pm - 7pm
			Adult Japanese Jiu-Jitsu (16+) 7pm - 8pm
THURSDAY	Girls Kickboxing (age 8-13) 5:30pm - 6:15pm	Private Training	Women-only Kickboxing Advanced 6:30pm - 7:30pm
			Women-only Beginner "KickStart" (14+) 7:30pm - 8:30pm
FRIDAY	Private Training	Private Training	Private Training
SATURDAY	Little Warriors (ages 3 & 4) 10am - 10:30am	Exams	Women-only All Levels (14+) 11am - 12pm