

# Monthly/Session Schedule 2024-2025

	Brazilian Jiu Jitsu		Muay Thai	
<b>Monday</b>			Youth 5-10 yrs	1700-1800
			Youth 11-15 yrs	1800-1900
			Adult Combined Combos Training	1900-2100
<b>Tuesday</b>	Adult Beginner	1800-1900	Women's Muay Thai	1830-1930
	Adult Advanced	1930-2100	Women's BJJ	1930-2030
<b>Wednesday</b>	Youth Beginner	1730-1820	Adult Combined Combos Training	1930-2100
	Youth Intermediate & Advanced (up to senior Yellow)	1830-1920		
	Adult Open Mat	1930-2100		
<b>Thursday</b>	Adult Beginner	1800-1930	Adult Advanced Live Sparring	1800-1930
	Adult Intermediate	1930-2100	Adult Beginner Combos Training	1930-2100
	Youth Advanced (Jr Orange & above)	1800-1930		
<b>Friday</b>			Youth 5-10 yrs	1700-1800
			Youth 10-15 yrs	1800-1900
<b>Saturday</b>	Youth Beginner	1000-1050	Adult Combined Combos Training	0800-0945
	Youth Intermediate	1100-1150		
	Youth Advanced	1200-1250		
	Adult Open Mat	1300-1500		

