

# Youth Session Schedule 2024-2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Brazilian Jiu Jitsu</b>			Youth Beginner 1730-1820	Youth Advanced (Jr Orange & above) 1800-1900		Youth Beginner 1000-1050
			Youth Intermediate & Advanced (up to senior Yellow) 1830-1920			Youth Intermediate 1100-1150
						Youth Advanced 1200-1250
<b>Muay Thai</b>	Youth 5-10 yrs 1700-1800				Youth 5-10yrs 1700-1800	
	Youth 11-15 yrs 1800-1900				Youth 11-15yrs 1800-1900	

