

**CLASS SCHEDULE**

**MONDAY AND WEDNESDAYS:**

***WEAR BLACK T-SHIRT/SHORTS/ OR COLORED UNIFORM***

***KICKBOXING: NO TANK TOPS OR BARE MIDRIFFS***

**11:00am – 12PM – ADULT/ TEEN BJJ**

**4:00pm – 5:00pm – ADV. DRAGONS(MONDAYS)/KIDS COMPETITION BJJ(WEDNESDAYS)**

**5:00pm – 5:30pm – TSD LIL DRAGONS**

**5:30pm – 6:00pm – BJJ LIL DRAGONS**

**6:15pm – 7:00pm – WOMENS BJJ (WEDNSDAY ONLY)**

**5:30pm – 6:30pm – KIDS MMA CLASS**

**6:30pm – 7:30pm – KICKBOXING/MMA**

**7:00pm – 8:00pm – ADULT/ TEEN BJJ**

**TUESDAY AND THURSDAYS:**

***WEAR WHITE T-SHIRT/ALL WHITE UNIFORM***

***MUAY THAI: NO TANK TOPS OR BARE MIDRIFFS***

**11:00am – 12:00pm – ADULT/ TEEN BJJ**

**4:00pm – 5:00pm – DRAGONS ONLY (ALL RANKS)**

**5:00pm – 6:00pm – KIDS BJJ (ALL RANKS)**

**5:30pm – 6:30pm – ADULTS/TEEN TSD**

**6:00pm – 7:30pm – MUAY THAI**

**7:00pm – 8:30pm – ADULT/ TEEN BJJ**

**FRIDAY:**

**(NO MORNING CLASS)**

**5:00pm – 5:30pm – INTRO TSD LIL DRAGONS (1ST TIMERS)**

**5:30pm – 6:00pm – LIL DRAGONS BJJ (1ST TIMERS)**

**6:00pm – 7:30pm – ADULTS BEGINNER BJJ**

**SATURDAYS:**

**10:00am – 11:30am – ADULTS/TEEN BJJ**