



## 2026 YOUTH SCHEDULE

MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 11:00						Youth BJJ All Ages
<b>AFTERNOON</b>						
4:00 - 4:30		Youth BJJ Shark Babies 3-4 y.o.		Youth BJJ Shark Babies 3-4 y.o.		
4:30 - 5:15	Youth BJJ 5-7 y.o.	Youth BJJ 5-7 y.o.	Youth BJJ 5-7 y.o.	Youth MMA 5-7 y.o.		
5:30 - 6:15	Youth BJJ 8-12 y.o.	Youth BJJ 8-12 y.o.	Youth BJJ 8-12 y.o.	Youth MMA 8-12 y.o.		

## 2026 ADULT SCHEDULE

MORNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 10:00						Kali
10:00 - 11:00						Kickboxing
11:00 - 12:00	MMA / Kickboxing	MMA / Kickboxing	MMA / Kickboxing	Kali		BJJ
12:00 - 1:00	No Gi BJJ	BJJ	No Gi BJJ	BJJ		
<b>EVENING</b>						
6:30 - 7:30	BJJ	No Gi BJJ	Boxing	BJJ	No Gi BJJ	Boxing
7:00 - 8:00	JKD / Kali		JKD / Kali			6:30 - 9:00 Open Mat
7:30 - 8:30	MMA / Kickboxing	MMA / Shooto	MMA / Kickboxing	MMA / Shooto		

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