

# CLASS SCHEDULE

## HOUSTON - GALLERIA

### ADULT TIER 1

KKB: Cardio Kickboxing

### ADULT TIER 1 + 2

BJJ APP: Brazilian Jiu-Jitsu Application

MMA NoGi: Mixed Martial Arts/No Gi BJJ

### ADULT TIER 2

MTK Adv: Muay Thai Advanced

BJJ End: Brazilian Jiu-Jitsu Endurance

MMA NoGi End: No Gi Endurance

### SEASONAL

MMA Bootcamp

### KIDS + TEENS

Youth BJJ: 7 and up BJJ

Youth BJJ/MMA: Kids Mixed Martial Arts

Little Ninjas: 4-6 year old BJJ



	MON	TUES	WED	THURS	FRI	SAT
5:30 AM						
8:30 AM						
9:30 AM		MMA Bootcamp 45 min		MMA Bootcamp 45 min		
10:00 AM						KKB 45 min
11:00 AM						MMA NoGi 60 min
11:15 AM	KKB 45 min	BJJ APP 60 min	KKB 45 min	MMA NoGi 60 min		
12:00 PM						MMA NoGi End 30 min
4:30 PM	Little Ninjas (4-6) 30 min	Little Ninjas (4-6) 30 min	Little Ninjas (4-6) 30 min	Little Ninjas (4-6) 30 min	Little Ninjas (4-6) 30 min	
5:00 PM	Youth BJJ (7&up) 60 min	Youth BJJ (7&up) 60 min	Youth BJJ (7&up) 60 min	Youth BJJ (7&up) 60 min	Youth BJJ/MMA 60 min	
6:15 PM	KKB 45 min	KKB 45 min	KKB 45 min	KKB 45 min	KKB 45 min	
7:00 PM	BJJ APP 60 min	MTK Adv 60 min	BJJ APP 60 min	MTK Adv 60 min	BJJ APP 60 min	
8:00 PM	BJJ End 60 min	MMA NoGi 60 min	BJJ End 60 min	MMA NoGi 60 min	BJJ End 30 min	