

CLASS SCHEDULE

ATASCOCITA

ADULT TIER 1

KKB: Cardio Kickboxing

ADULT TIER 1 + 2

BJJ APP: Brazilian Jiu-Jitsu Application

ADULT TIER 2

BJJ End: Brazilian Jiu-Jitsu Endurance Training

MMA NoGi: Mixed Martial Arts/No Gi BJJ

MTK: Muay Thai Kickboxing

KIDS + TEENS

Lil Ninjas: 6-9 year olds

Kids BJJ: Kids Brazilian Jiu-Jitsu

Kids KKB: Kids Cardio Kickboxing



	MON	TUES	WED	THURS	FRI	SAT
5:30 AM						
4:30 PM	Lil Ninjas 30 min	Lil Ninjas 30 min	Lil Ninjas 30 min	Lil Ninjas 30 min		
4:40 PM					Kids BJJ 40 min	
5:00 PM	Kids BJJ 50 min	Kids BJJ 50 min	Kids BJJ 40 min	Kids BJJ 50 min		
5:20 PM					Kids KKB 40 min	
5:40 PM			Kids KKB 40 min			
6:00 PM	KKB 50 min	KKB 50 min		KKB 50 min	MTK(Sparring) 50 min	
6:20 PM			KKB 50 min			
7:00 PM	BJJ APP 60 min	BJJ APP 60 min		BJJ APP 60 min	BJJ APP 60 min	
7:10 PM			BJJ APP 60 min			
8:00 PM	BJJ End 60 min	MTK 60 min	BJJ End 60 min	MMA 60 min	BJJ End 60 min	