

CLASS SCHEDULE

HOUSTON - WESTHEIMER

ADULT TIER 1

MTK: Muay Thai Kickboxing
 KKB: Cardio Kickboxing
 BJJ APP: Brazilian Jiu-Jitsu Application
 MMA: Mixed Martial Arts
 Adult Boxing

ADULT TIER 2

BJJ End: Brazilian Jiu-Jitsu Endurance
 MMA End: Mixed Martial Arts Endurance
 MMA NoGi End: No Gi Endurance

KIDS + TEENS

Tiny Tigers: 4-5 year olds
 Lil Ninjas: 6-9 year olds
 Spartans: 10 and up
 Youth Muay Thai: 9 & up

Green Stripe Required
 Coach Invitation Required



	MON	TUES	WED	THURS	FRI	SAT
6:00 AM		Adult BJJ 60 min		Adult BJJ 60 min		
9:30 AM						KKB 45 min
10:00 AM						Little Ninjas (60m) Spartans (60m)
11:00 AM						Adult BJJ (60m) Adv Youth BJJ (20m)
11:15 AM	Adult BJJ 60 min		Adult BJJ 60 min		Adult BJJ 60 min	
12:00 PM						Adult BJJ End 30 min
12:30 PM						Adult Boxing 60 min
5:30 PM	Little Ninjas (60m) Spartans (60m) Tiny Tigers (30m)	Adult BJJ End (60m) Teen BJJ End (60m)	Little Ninjas (60m) Spartans (60m) Tiny Tigers (30m)	Adult BJJ End (60m) Teen BJJ End (60m)		
5:45 PM		KKB 45 min		KKB 45 min		
6:30 PM	KKB (45m) No-Gi End BJJ (60m)	MT KB (60m) Little Ninjas (60m) Youth MuayThai (60m)	KKB (45m) No-Gi End BJJ (60m)	MT KB (60m) Little Ninjas (60m) Youth MuayThai (60m)		
7:30 PM	Adult BJJ 60 min	No Gi-MMA (60) Teen MMA (60)	Adult BJJ 60 min	No Gi-MMA (60) Teen MMA (60)		
8:30 PM	Adult BJJ End 30 min	No Gi-MMA End (30) Teen MMA End (30)	Adult BJJ End (30)	No Gi-MMA End (30) Teen MMA End (30)		