

Brazilian Jiu-Jitsu, Combat Gold, Kids Schedule, Mixed Martial Arts, Muay Thai Kickboxing, No-Gi, Womens Only

Mon Mar 29 – Wed Mar 31, 2010 (Eastern Time)

	Monday 3/29	Tuesday 3/30	Wednesday 3/31
7am	White Belt Basics 7am - 8am		White Belt Basics 7am - 8am
11am	Muay Thai 10:30am - 11:30am		Muay Thai 10:30am - 11:30am
12pm	Basics Plus 11:30am - 1pm		Basics Plus 11:30am - 1pm
4pm	After-School MMA Program 3:30pm - 5:30pm	After-School MMA Program 3:30pm - 5:30pm	After-School MMA Program 3:30pm - 5:30pm
5pm			
6pm	Tiny Ninjas 5:30pm - 6pm	Little Ninjas: Section 2 5:30pm - 6:15pm	Tiny Ninjas 5:30pm - 6pm
7pm	Womens Only: Muay Thai 6:30pm - 7:30pm	Little Ninjas: Section 3 6:15pm - 7pm	Womens Only: Muay Thai 6:30pm - 7:30pm
8pm	No-Gi Basics 7:30pm - 8:30pm	White Belt Basics 7pm - 8pm	No-Gi Basics 7:30pm - 8:30pm
9pm	Combat Gold: Brazilian Jiu-Jitsu 8:30pm - 10pm	Advanced Jiu-Jitsu: Technical Practice 8pm - 9pm	Combat Gold: Brazilian Jiu-Jitsu 8:30pm - 10pm
10pm	White Belt Basics 10pm - 11pm	White Belt Basics 10pm - 11pm	White Belt Basics 10pm - 11pm

Brazilian Jiu-Jitsu, Combat Gold, Kids Schedule, Mixed Martial Arts Thu Apr 1 – Fri Apr 2, 2010 (Eastern Time)
, Muay Thai Kickboxing, No-Gi, Womens Only

	Thursday 4/1	Friday 4/2
7am		White Belt Basics 7am - 8am
8am		
9am		
2pm		
3pm		
4pm	After-School MMA Program 3:30pm - 5:30pm	After-School MMA Program 3:30pm - 5:30pm
5pm		
6pm	Little Ninjas: Section 2 5:30pm - 6:15pm	
		No-Gi Basics 5pm - 6pm
	Little Ninjas: Section 3 6:15pm - 7pm	MMA Basics 6pm - 7pm
7pm	White Belt Basics 7pm - 8pm	Muay Thai 6:30pm - 7:30pm
8pm	Advanced Jiu-Jitsu: Technical Practice 8pm - 9pm	Muay Thai 7pm - 8pm
		White Belt Basics 7:30pm - 8:30pm
9pm		
	Combat Gold: Muay Thai 9pm - 10pm	
10pm	White Belt Basics 10pm - 11pm	

Saturday 4/3

Sunday 4/4

6am

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

Black Belt Club
9:30am - 10:30am



Womens Only: Muay Thai
10:30am - 11:30am

White Belt Basics
10:30am - 11:30am

Basics Plus
11:30am - 1pm

Womens Only: BJJ
11:30am - 12:30pm

Muay Thai
11:30am - 12:30pm