



2011 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:30-11:30 Juniors Class (All ages)
11-12 Kickboxing	11-12 All Levels Jiu-Jitsu Gi	11-12 Kickboxing	11-12 All Levels Jiu-Jitsu Gi	11-12 Kickboxing	11:30-12 Family Open Mat
	12-1 BJJ Open Mat		12-1 BJJ Open Mat		12-2 Adult Only Open Mat
4:15-5:15 Junior Grapplers (Ages 12-15)	4:15-5:15 Kids Martial Arts (Ages 6-11)	4:15-5:15 Junior Grapplers (Ages 12-15)	4:15-5:15 Kids Martial Arts (Ages 6-11)	4:15 – 5:15 Judo	2-3:30 Intro to MMA Technique
5:30-6:30 Kickboxing	5:30-6:15 All Levels Jiu-Jitsu Gi	5:30-6:30 Kickboxing	5:30-6:15 All Levels Jiu-Jitsu Gi	5:30-6:30 Kickboxing	
	6:15-6:45 BJJ Open Mat		6:15-6:45 BJJ Open Mat		
7:00-8:00 All Levels Jiu-Jitsu Gi	7:00-8:00 Submission Grappling No-Gi	7:00-8:00 All Levels Jiu-Jitsu Gi	7:00-8:00 Submission Grappling No-Gi		
8:00-8:30 Open Mat	8:00-8:30 Open Mat	8:00-8:30 Open Mat	8:00-8:30 Open Mat		

Muay Thai Kickboxing: Muay Thai is a centuries old traditional martial art. An intense cardiovascular workout, kickboxing promotes the fitness components of power, stamina, agility, coordination and speed. Muay Thai incorporates the use of punching, kicking, elbows, knees and strategic movement in both offensive and defensive skills to achieve the highest level of stand-up self-defense possible. Our classes are high energy and are taught in a safe and fun environment.

Brazilian Jiu-Jitsu: Jiu-Jitsu is the fastest growing and most effective form of self-defense in the world. Brazilian Jiu-Jitsu has proven it can work for anybody regardless of size, strength, level of physical fitness and age. The art of Brazilian Jiu-Jitsu is based on leverage and technique rather than strength and power. The techniques taught include punching, kicking, joint locks, throws, chokes, etc., and are designed to end a fight quickly and efficiently should you be taken to the ground in an attack. Brazilian Jiu-Jitsu is so popular because no other activity can produce the same results for each individual participant. Whether your goals are self-confidence, self-defense, self-discipline, personal development, fitness or to earn a black belt, our classes can help you achieve those goals.

Intermediate Class Requirements: We encourage at least 3 months of mat experience prior to attending these classes.

