

DAY	CLASS	TIME	GYMS	
<b>MONDAY</b>	<b>Adult/Teen Kickboxing - All Belt Levels</b>	<b>12:00 pm – 1:00 pm</b>	<b>Large</b>	
	<b>Adult Brazilian Jiu-Jitsu – Gi - All Belt Levels</b>	<b>12:00 pm – 1:30 pm</b>		<b>Small</b>
	Children’s Brazilian Jiu-Jitsu (Ages 7 -13)	5:15 pm – 6:15 pm	Large	
	Children White Belts (Ages 6-13)	5:30 pm – 6:15 pm		Small
	Children/Adult Weapons – Bo/Nunchauku	6:15 pm – 7:00 pm	Large	
	Children Orange-Green Belts (Ages 6-13)	7:00 pm – 7:45 pm		Small
	<i>Women’s Cardio Kickboxing Amanda Underwood</i>	<i>7:00 pm – 8:00 pm</i>	<i>Large</i>	
	<b>Beg Adult/Teen Kickboxing/Striking - White Belts</b>	<b>8:00 pm – 9:00 pm</b>	<b>Large</b>	
	<b>Adult Brazilian Jiu-Jitsu Gi - All Belt Levels</b>	<b>7:45 pm – 9:00 pm</b>		<b>Small</b>
	<b>Mixed Martial Arts Adults (MMA) All Levels -</b>	<b>9:00 pm – 10:30 pm</b>	<b>Large</b>	
<b>TUESDAY</b>	<b>Adult Brazilian Jiu-Jitsu – Gi - All Belt Levels</b>	<b>12:00 pm – 1:30 pm</b>		<b>Small</b>
	Lil’ Champs White Belts (Ages 4 & 5)	5:00 pm – 5:30 pm	Large	
	Children Open Sparring (Ages 6-13)	5:00 pm – 5:45 pm		Small
	<b>Adult/Teen BJJ Gi-White Belts- Beginners (0-70 Classes)</b>	<b>5:30 pm – 6:30 pm</b>	<b>Large</b>	
	Children – (Ages 6-13 ) Advanced Blue, Brown, Jr. Black Belts	5:45 pm – 6:30 pm		Small
	<i>Women’s Cardio Kickboxing</i>	<i>7:00 pm – 8:00 pm</i>	<i>Large</i>	
	<b>Adult/Teen BJJ Gi-Advanced–(0-70 Classes &amp; Up) **Your advancement into the Advance BJJ Gi Class is at the discretion of your Instructor &amp; Jeff Joslin**</b>	<b>6:30 pm – 8:00 pm</b>		<b>Small</b>
	<b>Submission Wrestling Adults/Teen No-Gi All Levels</b>	<b>8:00 pm – 9:30 pm</b>		<b>Small</b>
	<b>Adult /Teen Kickboxing Advanced - Yellow Belts &amp; Up</b>	<b>8:15 pm – 9:45 pm</b>	<b>Large</b>	
	<b>WEDNESDAY</b>	<b>Adult/Teen Kickboxing All Belt Levels</b>	<b>12:00 pm – 1:00 pm</b>	<b>Large</b>
Children’s Brazilian Jiu-Jitsu (Ages 7 -13)		5:00 pm – 6:00 pm	Large	
Children White Belts (Ages 6-13)		5:30 pm – 6:15 pm		Small
Children - Yellow Belts (Ages 6-13)		6:15 pm – 7:00 pm		Small
<b>Submission Wrestling Beginners Adults/Teens – No Gi</b>		<b>6:00 pm – 7:00 pm</b>	<b>Large</b>	
<i>Women’s Cardio Kickboxing</i>		<i>7:00 pm – 8:00 pm</i>	<i>Large</i>	
<b>Adult Brazilian Jiu-Jitsu Techniques Gi - All Belt Levels</b>		<b>7:00 pm – 8:00 pm</b>		<b>Small</b>
<b>Submission Wrestling Advanced Adults/Teens – No Gi</b>		<b>8:15 pm – 9:45 pm</b>		<b>Small</b>
<b>Beginner Adult/Teen Kickboxing/Striking White Belts</b>		<b>8:00 pm – 9:00 pm</b>	<b>Large</b>	
<b>THURSDAY</b>		<b>Submission Wrestling Adults - No Gi - All Levels</b>	<b>12:00 pm – 1:30 pm</b>	
	<i>3<sup>rd</sup> Thursday of Each Month Children’s Grading</i>	<i>5:00 pm – 6:00 pm</i>	<i>Large</i>	
	Children & Adult Open Kata–Class Cancelled on 3 <sup>rd</sup> Thursday of Each Month	5:15 pm – 6:00 pm	Large	
	Children Open Sparring (Ages 6-13)	6:00 pm – 6:45 pm		Small
	<b>Adult/Teen Boxing</b>	<b>6:00 pm – 7:00 pm</b>	<b>Large</b>	
	Children–(Ages 6-13 ) Advanced Blue, Brown, Jr. Black Belts	7:00 pm – 7:45 pm	Large	
	<b>Adult/Teen BJJ Gi-White Belts-Beginners 0-70 Classes</b>	<b>7:00 pm – 8:00 pm</b>		<b>Small</b>
	<b>Adult/Teen Kickboxing All Belt Levels</b>	<b>8:00 pm – 9:00 pm</b>	<b>Large</b>	
	<b>Adult/Teen BJJ Gi-Advanced –(70 Classes &amp; Up) **Your advancement into the Advance BJJ Gi Class is at the discretion of your Instructor &amp; Jeff Joslin**</b>	<b>8:00 pm – 9:30 pm</b>		<b>Small</b>
	<b>Adult/Teen Kickboxing Sparring</b>	<b>9:00 pm – 10:00 pm</b>	<b>Large</b>	
<b>FRIDAY</b>	Lil’ Champs White Belts (Ages 4 & 5)	5:15 pm – 5:45 pm		<b>Small</b>
	<b>Adult/Teen BJJ Gi-White Belts-Beginners (0-70 Classes)</b>	<b>5:30 pm – 6:30 pm</b>	<b>Large</b>	
	<i>Women’s Cardio Kickboxing</i>	<i>7:00 pm – 8:00 pm</i>		<i>Small</i>
	<i>Gymnastics Natural</i>	<i>6:30 pm – 7:00 pm</i>	<i>Large</i>	
	<b>Brazilian Jiu-Jitsu - Gi – All Belt Levels</b>	<b>7:00 pm – 8:00 pm</b>	<b>Large</b>	
	<b>Beginner Adult/Teen Kickboxing/Striking White Belts</b>	<b>8:00 pm – 9:00 pm</b>		<b>Small</b>
	<b>Adult/Teen Boxing</b>	<b>8:00 pm – 9:00 pm</b>	<b>Large</b>	
<b>SATURDAY</b>	Children’s Yellow Belts (Ages 6-13)	10:00 am – 10:45 am		Small
	<i>Women’s Cardio Kickboxing</i>	<i>9:30 am – 10:30 am</i>	<i>Large</i>	
	Children Orange -Green Belts (Ages 6-13)	10:45 am – 11:30 am		Small
	<b>Adult/Teen BJJ Gi-White Belts-Beginners (0-70 Classes)</b>	<b>10:30 am –11:30 am</b>	<b>Large</b>	
	<b>Adult/Teen Kickboxing-All Belt Levels</b>	<b>11:30 am–12:30 pm</b>	<b>Large</b>	
	<b>Adult/Teen BJJ Gi-Advanced –(70 Classes &amp; Up) **Your advancement into the Advance BJJ Gi Class is at the discretion of your Instructor &amp; Jeff Joslin**</b>	<b>11:30 am - 1:00 pm</b>		<b>Small</b>
	Children’s Brazilian Jiu-Jitsu (Ages 7 -13)	1:00 pm – 2:00 pm	Large	
	<b>Throws &amp; Takedowns</b>	<b>1:00 pm – 2:00 pm</b>		<b>Small</b>
<b>SUNDAY</b>	<i>Women’s Cardio Kickboxing</i>	<i>10:00 am –11:00 am</i>	<i>Large</i>	
	Children & Adult Open Kata	10:00 am – 10:45 am		Small
	<b>Adult/Teen Brazilian Jiu-Jitsu Gi - All Belt Levels</b>	<b>11:00 am– 12:30 pm</b>	<b>Large</b>	
	<b>Adult/Teen Boxing</b>	<b>12:30 pm – 1:30 pm</b>	<b>Large</b>	

All Mixed Martial Arts Classes (MMA) appear in Bold. You must have 15 Brazilian Jiu-Jitsu Classes / Submission Wrestling + 15 other Boxing or Kickboxing classes for advancement into \*Mixed Martial Arts\* Class Monday night at 9pm & Saturdays at 2pm. See Jeff Joslin for Information. Adult/Teens Classes Ages 14 and up. Brazilian Jiu Jitsu Grading System – 30 Classes Achieved – 1<sup>st</sup> Stripe / 70 Classes Achieved 2<sup>nd</sup> Stripe / 145 Classes Achieved – 3<sup>rd</sup> Stripe / 220 Classes Achieved – 4<sup>th</sup> Stripe  
Instructors Discretion for Advancement to Blue Belt Revised: Sept 7<sup>th</sup> 2010

