

DAY	CLASS	TIME	GYMS	
MONDAY ** NEW ** CO-ED CARDIO CLASS @ 9 am <i>This is part of the Women's Cardio Program - Members may attend classes if they purchase A Women's Cardio Class Pkg</i>	<i>Co-Ed Cardio Kickboxing</i>	9:00 am – 10:00 am	Large	
	Adult/Teen Kickboxing - All Belt Levels	12:00 pm – 1:00 pm	Large	
	Adult Brazilian Jiu-Jitsu – Gi - All Belt Levels	12:00 pm – 1:30 pm		Small
	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</i>	7:00 pm – 8:00 pm	Large	
	Beg Adult/Teen Kickboxing/Striking - White Belts	8:00 pm – 9:00 pm	Large	
	Adult Brazilian Jiu-Jitsu Gi - All Belt Levels	7:45 pm – 9:00 pm		Small
	Mixed Martial Arts Adults (MMA) All Levels – See Jeff for Info	9:00 pm – 10:30 pm	Large	
TUESDAY ** NEW ** CO-ED CARDIO CLASS @ 9 am **NEW** KICKBOXING ALL LEVELS @ 12:00 pm	<i>Co-Ed Cardio Kickboxing</i>	9:00 am – 10:00 am	Large	
	Adult Brazilian Jiu-Jitsu – Gi - All Belt Levels	12:00 pm – 1:30 pm		Small
	Adult/Teen Kickboxing - All Belt Levels	12:00 pm – 1:00 pm	Large	
	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
	Adult/Teen BJJ Gi-White Belts- Beginners (0-70 Classes)	5:30 pm – 6:30 pm	Large	
	Children – (Ages 6-13) Advanced Blue, Brown, Jr. Black Belts	5:45 pm – 6:30 pm		Small
	<i>Women's Cardio Kickboxing</i>	7:00 pm – 8:00 pm	Large	
	Adult/Teen BJJ Gi-Advanced–(0-70 Classes & Up) Entry into the Advance BJJ Gi Class is at the discretion of your Instructor & Jeff Joslin	6:30 pm – 8:00 pm		Small
	Submission Wrestling Adults/Teen No-Gi All Levels	8:00 pm – 9:30 pm		Small
	Adult /Teen Kickboxing Advanced - Yellow Belts & Up	8:15 pm – 9:45 pm	Large	
WEDNESDAY ** NEW ** CO-ED CARDIO CLASS @ 9 am	<i>Co-Ed Cardio Kickboxing</i>	9:00 am – 10:00 am	Large	
	Adult/Teen Kickboxing All Belt Levels	12:00 pm – 1:00 pm	Large	
	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
	Submission Wrestling Beginners Adults/Teens – No Gi	6:00 pm – 7:00 pm	Large	
	<i>Women's Cardio Kickboxing</i>	7:00 pm – 8:00 pm	Large	
	Adult Brazilian Jiu-Jitsu Techniques Gi - All Belt Levels	7:00 pm – 8:00 pm		Small
	Submission Wrestling Advanced Adults/Teens – No Gi	8:00 pm – 9:30 pm		Small
	Beginner Adult/Teen Kickboxing/Striking White Belts	8:00 pm – 9:00 pm	Large	
	THURSDAY ** NEW ** CO-ED CARDIO CLASS @ 9 am *NEW* KICKBOXING ALL LEVELS @ 12:00 pm	<i>Co-Ed Cardio Kickboxing</i>	9:00 am – 10:00 am	Large
Submission Wrestling Adults - No Gi - All Levels		12:00 pm – 1:30 pm		Small
Adult/Teen Kickboxing All Belt Levels		12:00 pm – 1:00 pm	Large	
<i>3rd Thursday of Each Month Children's Grading</i>		5:00 pm – 6:00 pm	Large	
<i>Children & Adult Open Kata–Class Cancelled on 3rd Thursday of Each Month</i>		5:15 pm – 6:00 pm	Large	
Children Open Sparring (Ages 6-13)		6:00 pm – 6:45 pm		Small
Adult/Teen Boxing		6:00 pm – 7:00 pm	Large	
Children–(Ages 6-13) Advanced Blue, Brown, Jr. Black Belts		7:00 pm – 7:45 pm	Large	
Adult/Teen BJJ Gi-White Belts-Beginners 0-70 Classes		7:00 pm – 8:00 pm		Small
Adult/Teen Kickboxing All Belt Levels		8:00 pm – 9:00 pm	Large	
Adult/Teen BJJ Gi-Advanced–(70 Classes & Up) Entry into the Advance BJJ Gi Class is at the discretion of your Instructor & Jeff Joslin		8:00 pm – 9:30 pm		Small
Adult/Teen Kickboxing Sparring	9:00 pm – 10:00 pm	Large		
FRIDAY ** NEW ** CO-ED CARDIO CLASS @ 9 am *NEW* KICKBOXING ALL LEVELS @ 12:00 pm	<i>Co-Ed Cardio Kickboxing</i>	9:00 am – 10:00 am	Large	
	Adult/Teen Kickboxing All Belt Levels	12:00 pm – 1:00 pm	Large	
	Lil' Champs White Belts (Ages 4 & 5)	5:15 pm – 5:45 pm		Small
	Adult/Teen BJJ Gi-White Belts-Beginners (0-70 Classes)	5:30 pm – 6:30 pm	Large	
	<i>Women's Cardio Kickboxing</i>	7:00 pm – 8:00 pm		Small
	<i>Gymnastics Natural</i>	6:30 pm – 7:00 pm	Large	
	Brazilian Jiu-Jitsu - Gi – All Belt Levels	7:00 pm – 8:00 pm	Large	
	Beginner Adult/Teen Kickboxing/Striking White Belts	8:00 pm – 9:00 pm		Small
	Adult/Teen Advanced Boxing (You Must have 35 + Classes)	8:00 pm – 9:00 pm	Large	

DAY	<u>WEEKEND SCHEDULE</u>			
	CLASS	TIME	GYMS	
<u>SATURDAY</u>	Children Yellow Belts (Ages 6-13)	10:00 am – 10:45 am		Small
	<i>Women's Cardio Kickboxing</i>	9:30 am – 10:30 am	Large	
	Children Orange -Green Belts (Ages 6-13)	10:45 am – 11:30 am		Small
	Adult/Teen BJJ Gi-White Belts-Beginners (0-70 Classes)	10:30 am – 11:30 am	Large	
	Adult/Teen Kickboxing-All Belt Levels	11:30 am–12:30 pm	Large	
	Adult/Teen BJJ Gi-Advanced –(70 Classes & Up) **Your advancement into the Advance BJJ Gi Class is at the discretion of your Instructor & Jeff Joslin**	11:30 am - 1:00 pm		Small
	Children's Brazilian Jiu-Jitsu (Ages 7 -13)	1:00 pm – 2:00 pm	Large	
	Throws & Takedowns	1:00 pm – 2:00 pm		Small
	Mixed Martial Arts Adults (MMA) Pro Class See Jeff for Info	2:00 pm – 3:00 pm	Large	
	<u>SUNDAY</u>	<i>Women's Cardio Kickboxing</i>	10:00 am – 11:00 am	Large
Children & Adult Open Kata		10:00 am – 10:45 am		Small
Adult/Teen Brazilian Jiu-Jitsu Gi - All Belt Levels		11:00 am– 12:30 pm	Large	
Adult/Teen Boxing		12:30 pm – 1:30 pm	Large	

Adult/Teens Classes are Ages 14 & up.

All Mixed Martial Arts Classes (MMA) appear in Bold. You must have 15 Brazilian Jiu-Jitsu Classes / Submission Wrestling Classes + 15 other MMA classes for advancement into the Mixed Martial Arts Class Monday night at 9pm & Saturdays at 2pm. See Jeff Joslin for Information and Details

Brazilian Jiu Jitsu Grading System – 30 Classes Achieved – 1st Stripe / 70 Classes Achieved 2nd Stripe / 145 Classes Achieved – 3rd Stripe / 220 Classes Achieved – 4th Stripe

Advancement to BJJ Blue Belt. It is at Jeff Joslin & your BJJ Instructors Discretion

Co-Ed Cardio Kickboxing Monday-Fridays To attend this Class you must purchase or already have a Women's Cardio Membership

Future Classes to Watch For

***** Jeff Joslin's Brazilian Jiu Jitsu Day Class *****

We Welcome Feedback from our Members

Tell us what you think about our Programs and the New Schedule !!!

Schedule Revised :

November 2010