

FITNESS AND MARTIAL ARTS TRAINING SCHEDULE

New schedule effective February 19, 2018.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:45AM BJJ INT	6:45AM MUAY THAI BASIC	6:45AM BJJ BASIC	6:45AM MUAY THAI INT	6:45AM BJJ INT	6:45AM MUAY THAI BASIC	6:45AM BJJ BASIC	6:45AM MUAY THAI INT	6:45AM BJJ INT	6:45AM MUAY THAI BASIC	8 - 9:30AM BJJ COMP CLASS			
7:45AM BJJ BASIC	7:45AM MUAY THAI INT	7:45AM BJJ INT	7:45AM MUAY THAI BASIC	7:45AM BJJ BASIC	7:45AM MUAY THAI INT	7:45AM BJJ INT	7:45AM MUAY THAI BASIC	7:45AM BJJ BASIC	7:45AM MUAY THAI INT				
		10 AM FAMA FIT FUNDAMENTALS				10 AM FAMA FIT FUNDAMENTALS				10AM LITTLE WARRIORS BJJ		10AM FAMA FIT	
11:15AM FAMA FIT		11:15AM BJJ NO-GI	11:15AM MUAY THAI BASIC	11:15AM FAMA FIT		11:15AM BJJ NO-GI	11:15AM MUAY THAI BASIC	11:15AM FAMA FIT		11AM JUNIOR CHAMPIONS BJJ		11AM MUAY THAI BASIC	
12:15PM BJJ INT	12:15PM MUAY THAI BASIC	12:15PM BJJ BASIC	12:15PM MUAY THAI INT	12:15PM BJJ INT	12:15PM MUAY THAI BASIC	12:15PM BJJ BASIC	12:15PM MUAY THAI INT	12:15PM BJJ INT	12:15PM MUAY THAI BASIC	12:15PM BJJ INT	12:15PM MUAY THAI INT	12:15PM BJJ BASIC	12:15PM MUAY THAI INT
1:15PM BJJ BASIC	1:15PM MUAY THAI INT	1:15PM BJJ INT		1:15PM BJJ BASIC	1:15PM MUAY THAI INT	1:15PM BJJ INT		1:15PM BJJ BASIC	1:15PM MUAY THAI INT	1:15PM BJJ BASIC	1:15PM MT SPAR	1:15PM BJJ NO-GI	1:15PM MT SPAR
		2:15PM FAMA FIT				2:15PM FAMA FIT							
4PM LITTLE TIGERS MUAY THAI		4:30PM KIDS NO-GI		4PM LITTLE TIGERS MUAY THAI		4:30PM KIDS NO-GI		5PM LITTLE WARRIORS BJJ		5PM FAMA FIT FUNDAMENTALS			
5PM LITTLE WARRIORS BJJ	5PM FAMA FIT FUNDAMENTALS	5:30PM JUNIOR CHAMPIONS BJJ	5:30PM FAMA FIT	5PM LITTLE WARRIORS BJJ	5PM FAMA FIT FUNDAMENTALS	5:30PM JUNIOR CHAMPIONS BJJ	5:30PM FAMA FIT	5PM LITTLE WARRIORS BJJ	5PM FAMA FIT FUNDAMENTALS				
6PM BJJ BASIC		6:30PM BJJ INT	6:30PM MUAY THAI BASIC	6PM BJJ BASIC		6:30PM BJJ INT	6:30PM MUAY THAI BASIC	6PM BJJ BASIC					
7PM BJJ INT	7PM MUAY THAI BASIC	7:30PM BJJ BASIC	7:30PM MUAY THAI INT	7PM BJJ INT	7PM MUAY THAI BASIC	7:30PM BJJ INT	7:30PM MUAY THAI INT	7PM BJJ INT	7PM MUAY THAI BASIC				
8PM BJJ NO-GI	8PM MUAY THAI INT			8PM BJJ NO-GI	8PM MUAY THAI INT			8PM BJJ SPAR	8PM MUAY THAI INT				

LEGEND	LEVEL
BRAZILIAN JIU JITSU (BJJ) BASIC	ALL
BJJ INTERMEDIATE	WHITE BELT 2 STRIPES ^
BJJ SPARRING	INSTRUCTOR'S DISCRETION
LITTLE WARRIORS BJJ	BJJ FOR AGES 4 - 7
JUNIOR CHAMPIONS BJJ	BJJ FOR AGES 7 - 12
BJJ NO-GI	ALL
KIDS NO-GI	NO-GI FOR AGES 7 - 12
MUAY THAI BASIC	ALL
MUAY THAI INTERMEDIATE	INSTRUCTOR'S DISCRETION
MUAY THAI SPARRING	INSTRUCTOR'S DISCRETION
LITTLE TIGERS MUAY THAI	MUAY THAI FOR AGES 7 - 12
FAMA FIT FUNDAMENTALS	ALL
FAMA FIT	INSTRUCTOR'S DISCRETION
BJJ COMPETITION CLASS	GI/NO-GI AS SCHEDULED PER UPCOMING EVENTS