



Kids / Youth Class Schedule

Hours of Operation
 6a - 7a (Boot Camp M/W/F)
 9a - 9p (Mon - Thu)
 9a - 5p (Fri)
 9a - 3p (Sat)

Last Updated : 10/1/2018 3:38:45 PM

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12 Noon - 1 pm	MAT AREA 1						KIDS WRESTLING All Levels
1 pm - 2 pm	MAT AREA 1						KIDS MUAY THAI All Levels
4 pm - 5 pm	MAT AREA 1					KIDS MUAY THAI All Levels	
5 pm - 6 pm	MAT AREA 2		KIDS GI JIU JITSU All Levels		KIDS GI JIU JITSU All Levels		
5 pm - 6 pm	XC FIT AREA	KIDS CROSS-TRAINING All Levels		KIDS CROSS-TRAINING All Levels			
6 pm - 7 pm	MAT AREA 1	KIDS GRAPPLING ADVANCED Advanced		KIDS GRAPPLING ADVANCED Advanced			
6 pm - 7 pm	MAT AREA 1A	KIDS GRAPPLING BEGINNER Beginners	KIDS WRESTLING Beginners	KIDS GRAPPLING BEGINNER Beginners	KIDS WRESTLING Beginners		

All kickboxing classes require ranked BMT or white shirts to attend.

* Must have prior approval from coaches to attend these classes

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