



IN-STUDIO CLASSES
Effective September 1st, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	4:00-4:15 Obstacle Course Warmup	9:00-10:15 AM Adult Open Brazilian Jiu-Jitsu 10:30-11:30 AM Kids Brazilian Jiu Jitsu
4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Centered Kids & Beginner Karate	4:15-5:00 Stripe Clinic	
5:00-5:45 Level One, Through Four	5:00-5:45 Level One, Two & Three Karate	5:00-5:45 Level One, Two & Three Karate	5:00-5:45 Level One, Two & Three Karate	5:00-5:45 Open Mat	
5:45-6:30 Kids BJJ	5:45-6:15 Instructor Training	5:45-6:30 Kids BJJ	TBD	6:00-7:00 Black Belt Training/Prep	
6:15-7:30 Adult Brazilian Jiu-Jitsu	6:15-7:15 Adult Karate & Level Four "No Gi" Open Mat @ 6PM	6:15-7:30 Adult Brazilian Jiu-Jitsu	6:15-7:15 Adult Karate & Level Four "No Gi" Open Mat @ 6PM		



Creating boundless possibilities to live extraordinary lives.