



# TRIDENT

## MARTIAL ARTS



3310 NOBLE POND WAY #104, WOODBRIDGE, VA

[info@TridentMartialArts.com](mailto:info@TridentMartialArts.com) School: 703-490-2425 or After Hours Cell/Text 703-772-4167

Visit [www.TridentMartialArts.com](http://www.TridentMartialArts.com) to schedule your first class and to learn more about how we can help you reach your goals in fitness, martial arts and life! Email us anytime! [info@tridentmartialarts.com](mailto:info@tridentmartialarts.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>11AM-12PM</b>		<b>11AM-12PM</b>		<b>9:00AM</b>	
<b>"JTX" JEET KUNE DO/ MUAY THAI MIX</b> S		<b>"JTX" JEET KUNE DO/ MUAY THAI MIX</b> S			<b>KRAV MAGA/ COMBATIVES</b> S
<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>10:00AM</b>
<b>"JTX" JEET KUNE DO/ MUAY THAI MIX</b> S	<b>JEET KUNE DO</b> S	<b>"JTX" JEET KUNE DO/ MUAY THAI MIX</b> S	<b>MUAY THAI</b> S	<b>BRAZILIAN JIU-JITSU</b> G	<b>"JTX" JEET KUNE DO/ MUAY THAI MIX</b> S
<b>WOMEN'S BRAZILIAN JIU-JITSU</b> G	<b>BRAZILIAN JIU-JITSU</b> G	<b>WOMENS BRAZILIAN JIU-JITSU</b> G	<b>BRAZILIAN JIU-JITSU</b> G		
<b>7:30PM</b>	<b>7:30PM</b>	<b>7:30PM</b>	<b>7:30PM</b>	<b>7:30PM</b>	<b>11:00AM</b>
<b>FILIPINO MARTIAL ARTS</b> W	<b>KRAV MAGA/ COMBATIVES</b> S	<b>FILIPINO MARTIAL ARTS</b> W	<b>JEET KUNE DO</b> S		<b>FILIPINO MARTIAL ARTS</b> W
<b>BRAZILIAN JIU-JITSU</b> G	<b>COMBAT SUBMISSION WRESTLING</b> G	<b>BRAZILIAN JIU-JITSU</b> G	<b>COMBAT SUBMISSION WRESTLING</b> G		
	<b>8:30PM</b>		<b>8:30PM</b>		<b>12:00PM</b>
	<b>MUAY THAI</b> S		<b>KRAV MAGA/ COMBATIVES</b> S		<b>BRAZILIAN JIU-JITSU</b> G
	<b>OPEN MAT SPARRING</b> Pre-Requisites Required S W G		<b>OPEN MAT SPARRING</b> Pre-requisites Required S W G		

S = Striking    G = Ground    W = Weapons