



**3310 NOBLE POND WAY #104, WOODBRIDGE, VA**

[www.TridentMartialArts.com](http://www.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   |
|--|--|--|--|--|
| <b>5:00 – 5:45PM</b>   | <b>5:00 – 5:45PM</b>   | <b>5:00 – 5:45PM</b>   | <b>5:00 – 5:45PM</b>   | <b>5:00 – 5:45PM</b>   |
| <b>LIL' WARRIORS<br/>MUAY THAI<br/>AGES 4-6</b>  | <b>LIL' WARRIORS<br/>BRAZILIAN JIU-<br/>JITSU<br/>AGES 4-6</b>       | <b>LIL WARRIORS<br/>MUAY THAI<br/>WHITE - YELLOW<br/>AGES 4-6</b>                        | <b>LIL' WARRIORS<br/>BRAZILIAN<br/>JIU-JITSU<br/>AGES 4-6</b>        | <b>*JR FILIPINO<br/>MARTIAL ARTS<br/>ALL AGES</b>                    |
| <b>5:00 – 6:30PM</b>   |  | <b>5:00 – 6:30PM</b>   |  |  |
| <b>BJJ COMPETITION<br/>SKILLS/ADVANCED<br/>TRAINING<br/>YELLOW BAR – UP<br/>ALL AGES</b> |  | <b>BJJ COMPETITION<br/>SKILLS/ADVANCED<br/>TRAINING<br/>YELLOW BAR – UP<br/>ALL AGES</b> |  |  |
| <b>5:45 – 6:30PM</b>   | <b>5:45 – 6:30PM</b>   | <b>5:45 – 6:30PM</b>   | <b>5:45 – 6:30PM</b>   | <b>5:45 – 6:30PM</b>   |
| <b>JUNIOR<br/>MUAY THAI<br/>WHITE - YELLOW<br/>AGES 7-12</b>                             | <b>JR BRAZILIAN<br/>JIU-JITSU<br/>WHITE - STRIPE 4<br/>AGES 7-12</b> | <b>JUNIOR<br/>MUAY THAI<br/>WHITE - YELLOW<br/>AGES 7-12</b>                             | <b>JR BRAZILIAN<br/>JIU-JITSU<br/>WHITE - STRIPE 4<br/>AGES 7-12</b> | <b>*JUNIOR<br/>MUAY THAI<br/>SPARRING<br/>ALL BELTS<br/>ALL AGES</b> |
|  | <b>5:45 – 6:30PM</b>   |  | <b>5:45 – 6:30PM</b>   |  |
|  | <b>ADVANCED<br/>KIDS BJJ<br/>YELLOW BAR - UP<br/>ALL AGES</b>        |  | <b>ADVANCED<br/>KIDS BJJ<br/>YELLOW BAR - UP<br/>ALL AGES</b>        |  |
| <b>6:30 – 7:15PM</b>   |  | <b>6:30 – 7:15PM</b>   |  |  |
| <b>ADVANCED JUNIOR<br/>MUAY THAI<br/>GREEN – UP<br/>AGES 7-12</b>                        |  | <b>ADVANCED JUNIOR<br/>MUAY THAI<br/>GREEN – UP<br/>AGES 7-12</b>                        |  |  |

\* Prerequisites for these classes.