



ADULT / TEEN CLASS SCHEDULE

3310 NOBLE POND WAY #104, WOODBRIDGE, VA
 School: 703-490-2425 or After Hours Cell/Text 703-772-4167

WWW.TRIDENTMARTIALARTS.COM | INFO@TRIDENTMARTIALARTS.COM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11AM-12PM	1PM-2PM	11AM-12PM	1PM-2PM		9:00AM
JTX KICKBOXING JKD/THAI MIX ALL BELTS	BRAZILIAN JIU-JITSU ALL BELTS	JTX KICKBOXING JKD/THAI MIX ALL BELTS	BRAZILIAN JIU-JITSU ALL BELTS		TIER ONE KRAV MAGA
6:30PM	6:30PM	6:30PM	6:30PM	6:30PM	10:00AM
JTX KICKBOXING JKD/THAI MIX ALL BELTS	JKD JEET KUNE DO ALL BELTS	JTX KICKBOXING JKD/THAI MIX ALL BELTS	MUAY THAI ALL BELTS	BRAZILIAN JIU-JITSU ALL BELTS	JTX KICKBOXING JKD/THAI MIX ALL BELTS
WOMEN'S BRAZILIAN JIU-JITSU ALL BELTS	BRAZILIAN JIU-JITSU ALL BELTS	WOMEN'S BRAZILIAN JIU-JITSU ALL BELTS	BRAZILIAN JIU-JITSU ALL BELTS		
7:30PM	7:30PM	7:30PM	7:30PM		11:00AM
FILIPINO MARTIAL ARTS ALL PHASES	TIER ONE KRAV MAGA	FILIPINO MARTIAL ARTS ALL PHASES	JKD JEET KUNE DO ALL BELTS		FILIPINO MARTIAL ARTS ALL PHASES
BRAZILIAN JIU-JITSU ALL BELTS	JUDO ALL LEVELS	BRAZILIAN JIU-JITSU ALL BELTS	COMBAT SUBMISSION WRESTLING ALL LEVELS		
	8:30PM		8:30PM		12:00PM
	MUAY THAI ALL BELTS		TIER ONE KRAV MAGA		BRAZILIAN JIU-JITSU ALL BELTS
	OPEN MAT / SPARRING Pre-Requisites Required		OPEN MAT / SPARRING Pre-requisites Required		

ADULTS AND TEENS: AGES 13 - UP