



# ADULT / TEEN CLASS SCHEDULE



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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:00AM</b>	<b>12:00PM</b>	<b>5:00AM</b>	<b>12:00PM</b>		<b>9:00AM</b>
<b>BRAZILIAN JIU-JITSU ALL BELTS</b>	<b>JTX Kickboxing JKD/THAI MIX ALL BELTS</b>	<b>BRAZILIAN JIU-JITSU ALL BELTS</b>	<b>JTX Kickboxing JKD/THAI MIX ALL BELTS</b>		<b>TIER ONE KRAV MAGA</b>
	<b>1:00PM</b>		<b>1:00PM</b>		<b>10:00AM</b>
	<b>BRAZILIAN JIU-JITSU ALL BELTS</b>		<b>BRAZILIAN JIU-JITSU ALL BELTS</b>		<b>JTX Kickboxing JKD/THAI MIX ALL BELTS</b>
<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>11:00AM</b>
<b>JTX Kickboxing JKD/THAI MIX ALL BELTS</b>	<b>JKD Jeet Kune Do ALL BELTS</b>	<b>JTX Kickboxing JKD/THAI MIX ALL BELTS</b>	<b>MUAY THAI ALL BELTS</b>	<b>BRAZILIAN JIU-JITSU ALL BELTS</b>	<b>FILIPINO MARTIAL ARTS ALL PHASES</b>
<b>WOMEN'S BRAZILIAN JIU-JITSU ALL BELTS</b>	<b>BRAZILIAN JIU-JITSU ALL BELTS</b>	<b>WOMEN'S BRAZILIAN JIU-JITSU ALL BELTS</b>	<b>BRAZILIAN JIU-JITSU ALL BELTS</b>		
<b>7:30PM</b>	<b>7:30PM</b>	<b>7:30PM</b>	<b>7:30PM</b>		<b>12:00PM</b>
<b>FILIPINO MARTIAL ARTS ALL PHASES</b>	<b>TIER ONE KRAV MAGA</b>	<b>FILIPINO MARTIAL ARTS ALL PHASES</b>	<b>JKD Jeet Kune Do ALL BELTS</b>		<b>BRAZILIAN JIU-JITSU ALL BELTS</b>
<b>BRAZILIAN JIU-JITSU ALL BELTS</b>	<b>JUDO ALL LEVELS</b>	<b>BRAZILIAN JIU-JITSU ALL BELTS</b>	<b>COMBAT SUBMISSION WRESTLING ALL LEVELS</b>		
	<b>8:30PM</b>		<b>8:30PM</b>		
	<b>MUAY THAI ALL BELTS</b>		<b>TIER ONE KRAV MAGA</b>		

**ADULTS AND TEENS: AGES 13 - UP**