



ADULT / TEEN CLASS SCHEDULE



3310 NOBLE POND WAY #104, WOODBRIDGE, VA 22193
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM	12:00PM	5:00AM	12:00PM		9:00AM
Brazilian Jiu-Jitsu All Belts	JTX Kickboxing JKD Muay Thai Mix All Belts	Brazilian Jiu-Jitsu All Belts	JTX Kickboxing JKD Muay Thai Mix All Belts		Tier One Krav Maga
	1:00PM		1:00PM		10:00AM
	Brazilian Jiu-Jitsu All Belts		Brazilian Jiu-Jitsu All Belts		JTX Kickboxing JKD Muay Thai Mix All Belts
6:30PM	6:30PM	6:30PM	6:30PM	6:30PM	11:00AM
JTX Kickboxing JKD Muay Thai Mix All Belts	Muay Thai All Belts	JTX Kickboxing JKD Muay Thai Mix All Belts	Muay Thai All Belts	Brazilian Jiu-Jitsu All Belts	Filipino Martial Arts All Levels
Women's Brazilian Jiu-Jitsu All Belts	Brazilian Jiu-Jitsu All Belts	Women's Brazilian Jiu-Jitsu All Belts	Brazilian Jiu-Jitsu All Belts	Tier One Krav Maga	
7:30PM	7:30PM	7:30PM	7:30PM		12:00PM
Filipino Martial Arts All Levels	Tier One Krav Maga	Filipino Martial Arts All Levels	JKD Jeet Kune Do All Belts		Brazilian Jiu-Jitsu All Belts
Brazilian Jiu-Jitsu All Belts	Judo All Belts	Brazilian Jiu-Jitsu All Belts	Combat Submission Wrestling (CSW) All Belts		

ADULTS AND TEENS: AGES 13 - UP