



# ADULT / TEEN CLASS SCHEDULE



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>12:00PM</b>		<b>12:00PM</b>		<b>9:00AM</b>	
	JTX Kickboxing JKD   Muay Thai Mix All Belts		JTX Kickboxing JKD   Muay Thai Mix All Belts		Tier One Krav Maga
<b>1:00PM</b>		<b>1:00PM</b>		<b>6:00PM</b>	<b>10:00AM</b>
	Brazilian Jiu-Jitsu All Belts		Brazilian Jiu-Jitsu All Belts	Women's Brazilian Jiu-Jitsu All Belts	JTX Kickboxing JKD   Muay Thai Mix All Belts
<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>6:30PM</b>	<b>11:00AM</b>
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	
<b>7:30PM</b>	<b>7:30PM</b>	<b>7:30PM</b>	<b>7:30PM</b>	<b>12:00PM</b>	
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