

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM - 7 AM Spartan Strength & Fitness	4 - 4:30 PM Little Dragons	6 AM - 7 AM Spartan Strength & Fitness	11AM-12PM ADULT MUAY THAI	6 AM - 7 AM Spartan Strength & Fitness	8 AM - 9 AM Spartan Strength & Fitness
11AM-12PM ADULT MUAY THAI	4:30 - 5:15 PM Kids Advanced MMA	7AM - 8AM ADULT MUAY THAI	4 - 4:45 PM Teen MMA	4 - 5 PM Kids Brazilian Jiu Jitsu	9:30AM - 10 AM Little Dragons
4 - 5 PM Kids Brazilian Jiu Jitsu	5:15 - 5:45 PM Kids Beginner MMA	4 - 5 PM Teen Brazilian Jiu Jitsu	4:45 - 5:30 PM Kids Advanced MMA	5:15 - 6 PM Kids Advanced MMA	10AM - 10:30 AM Kids Beginner MMA
4:30 - 5 PM Kids Beginner MMA	5:30-6:30 PM Spartan Strength & Fitness	4:30 - 5 PM Kids Beginner MMA	5:30 - 6 PM Little Dragons	5:15- 6:15PM Womens Brazilian Jiu Jitsu	10:30 AM - 11:15 AM Kids Advanced MMA
5:15 - 6 PM Kids Advanced MMA	5:45 - 6:30 PM Teen MMA	5:15 - 6 PM Kids Advanced MMA	6 - 6:30 PM Kids Beginner MMA	6 - 6:30 PM Kids Beginner MMA	11:15-11:45 AM Black Belts & Arm Bands Candidates Test Prep
6 - 6:45 PM Teen Muay Thai	5:45 - 6:30 PM Adult Beginner Muay Thai	6 - 6:45 PM Teen Muay Thai	6:30-7:30 PM Spartan Strength & Fitness	6:30 - 7:30 PM Teen Brazilian Jiu Jitsu	11:15AM - 12 PM Teen Muay Thai Heavy Bag Class
6 - 6:45 PM Womens Muay Thai	6:30 - 7:30 PM Adult Advanced Muay Thai	6 - 6:45 PM Womens Muay Thai	6:30-7:15 PM Adult Beginner Muay Thai	6:30- 7:30PM Womens Muay Thai	11:15AM - 12PM TEEN KALI
6:30-7:30 PM Spartan Strength & Fitness	6:30 - 7:30 PM ADULT MMA ALL RANKS	6:30-7:30 PM Spartan Strength & Fitness	6:30 - 7:30 PM Adult Brazilian Jiu Jitsu	7:30-8:15PM Adults Only JEET KUNE DO & KALI	11:15AM-12PM Adult JKD & KALI
6:45 - 7:45 PM Adult Brazilian Jiu Jitsu	7:30 - 8:30 PM Adult Brazilian Jiu Jitsu	6:45 - 7:30 PM Adult Beginner Muay Thai	7:30-8:30 PM Adult Advanced Muay Thai		11:45AM - 12:45PM Adult Brazilian Jiu Jitsu Randori
7:30-8:15 PM Adult Beginner Muay Thai		6:45 - 7:45 PM Adult Advanced Muay Thai	7:30 - 8:30 PM Adult NO-GI Jiu Jitsu (Gi pants & rashguard)		12PM - 1PM ADULT MUAY THAI
7:30-8:30 PM Adult Advanced Muay Thai		7:30 - 9 PM Adult Brazilian Jiu Jitsu	8:30PM FIGHTERS ONLY		



**BEGINS APRIL 2018**



**(732)237-2595**

**TONGDRAGON.COM**

**5 HELMLY ST, BAYVILLE NJ  
(OFF HICKORY LN)**

- \* Please maintain good hygiene before class (shower, clean shirt, clean gear, short nails, etc..)
- \* All students must attend class on time with their equipment and in proper uniform- Adults/Teens TDMMA shirt & shorts for either MMA/Thai or BJJ Gi)
- \* Students must bow on & off the training floor as well as in and out the door. This is to show respect to your fellow students and the Academy

**ADULTS & TEENS:**  
**MUAY THAI** is a combat martial art from Thailand that uses stand-up striking skills along with various clinching techniques.  
**BRAZILIAN JIU JITSU** uses leverage and proper technique on the ground. It applies joint holds, chokes and position escapes.  
**MMA GRAPPLING** is a hybrid form of No Gi Submission Grappling taken from Brazilian Jiu Jitsu, Wrestling & Catch Wrestling.