

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11AM-12PM ADULT MUAY THAI	4 - 4:30 PM Little Dragons	7AM - 8AM ADULT MUAY THAI	11AM-12PM ADULT MUAY THAI	4 - 5 PM Kids Brazilian Jiu Jitsu	9AM - 930 AM Little Dragons
4 - 5 PM Kids Brazilian Jiu Jitsu	4:30 - 5:15 PM Kids Advanced MMA	4 - 4:30 PM Little Dragons	12PM - 1 PM Adult Brazilian Jiu Jitsu	4 - 4:45 PM Kids Advanced MMA	930AM - 10 AM Kids Beginner MMA
4:30 - 5 PM Kids Beginner MMA	4:30 - 5:15 PM Teen MMA	4 - 5 PM Teen Brazilian Jiu Jitsu	4 - 4:45 PM Teen MMA	5 - 5:30 PM Kids Beginner MMA	10 AM - 10:45 AM Kids Advanced MMA
5 - 5:45 PM Kids Advanced MMA	5:15 - 5:45 PM Kids Beginner MMA	4:30 - 5 PM Kids Beginner MMA	4:45 - 5:30 PM Kids Advanced MMA	5:30 - 6:30 PM Teen Brazilian Jiu Jitsu	10:15AM - 11 AM Teen Muay Thai Bags
6 - 6:45 PM Teen Muay Thai	6 - 7 PM Adult Brazilian Jiu Jitsu	5 - 5:45 PM Kids Advanced MMA	5:30 - 6 PM Little Dragons	5:45-6:45PM Adult Muay Thai All Ranks	10:45 AM-11:30AM Adult & Teen JKD & KALI
6 - 6:45 PM Womens Muay Thai	7 - 8 PM Adult MMA All Ranks	6 - 6:45 PM Teen Muay Thai	6 - 6:30 PM Kids Beginner MMA	6:45-7:30PM Adult Jeet Kune Do/Kali	11:15AM-12:15PM ADULT MUAY THAI ALL RANKS
6:45 - 7:45 PM Adult Brazilian Jiu Jitsu	8 - 9 PM Adult All Ranks Muay Thai	6 - 6:45 PM Womens Muay Thai	6:30-7 PM Black Belts & Arm Bands Candidates Test Prep		1130AM-12:15PM ADULT BJJ & MMA OpenRoll, No Instruction STUDENTS ONLY
7:30-8:15 PM Adult Beginner Muay Thai		6:45 - 7:30 PM Adult Beginner Muay Thai	6:45 - 7:45 PM ADULT MMA ADVANCED		
7:30-8:30 PM Adult Advanced Muay Thai		6:45 - 7:45 PM Adult Advanced Muay Thai	7:30-8:30 PM Adult All Ranks Muay Thai		
		7:45 - 9 PM Adult Brazilian Jiu Jitsu	7:30 - 8:30 PM ADULT MMA BEGINNER 830PM FIGHTERS ONLY		

BEGINS
MARCH 21ST
2022



* 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
 * Fighters Only class is by invitation only * Please maintain good hygiene before class (shower, clean shirt, clean gear, short nails, etc..)

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.

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