

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	430 - 530 PM Kids Brazilian Jiu Jitsu	9AM - 930 AM Little Dragons
4 - 5 PM Kids Brazilian Jiu Jitsu	430 - 515 PM Teen MMA	4 - 4:30 PM Little Dragons	12PM - 1 PM Adult Brazilian Jiu Jitsu	430 - 5:15 PM Kids Advanced MMA	930AM - 10 AM Kids Beginner MMA
4:30 - 5 PM Kids Beginner MMA	5 - 5:45 PM Kids Advanced MMA	4 - 5 PM Teen Brazilian Jiu Jitsu	430 - 5:15 PM Kids Advanced MMA	515 - 545 PM Kids Beginner MMA	10 AM - 10:45 AM Kids Advanced MMA
5 - 5:45 PM Kids Advanced MMA	5:45 - 6:15 PM Kids Beginner MMA	4:30 - 5 PM Kids Beginner MMA	5 - 545 PM Teen MMA	5:30 - 6:30 PM Teen Brazilian Jiu Jitsu	10:15AM - 11 AM Teen Muay Thai Bags
5:45 - 6:30 PM Teen Muay Thai	6:15 - 7:15 PM Adult Brazilian Jiu Jitsu	5 - 5:45 PM Kids Advanced MMA	5:45 - 6:15 PM Little Dragons	5:45-6:45PM Adult Muay Thai All Ranks	10:45 AM-11:30AM Adult & Teen JKD & KALI
5:45 - 6:30PM Womens Muay Thai	7:15 - 8:15 PM Adult MMA All Ranks	5:15 - 6PM Womens Muay Thai	6:15 - 6:45 PM Kids Beginner MMA	6:30-7 PM Black Belts & Arm Bands Candidates Test Prep	11:15AM-12:15PM ADULT MUAY THAI ALL RANKS
6:30 - 7:30 PM Adult Brazilian Jiu Jitsu	730 - 830 PM Adult All Ranks Muay Thai	5:45 - 6:30 PM Teen Muay Thai	6:45 - 7:45 PM ADULT MMA All Ranks	6:45-7:30PM Adult Jeet Kune Do/Kali	1130AM-12:15PM ADULT BJJ & MMA OpenRoll, No Instruction STUDENTS ONLY
7:30-8:15 PM Adult Beginner Muay Thai	8 - 830 PM ADULT BJJ & MMA OpenRoll, No Instruction STUDENTS ONLY	6:30 - 7:15 PM Adult Beginner Muay Thai	7:30-8:30 PM Adult All Ranks Muay Thai 830PM FIGHTERS ONLY		
7:30-8:30 PM Adult Advanced Muay Thai		6:30 - 7:30 PM Adult Advanced Muay Thai			
		7:30 - 8:30 PM Adult Brazilian Jiu Jitsu			

**BEGINS**  
APR 3RD  
2023



\* 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.

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