



Brazilian Jiu-Jitsu

Time	Mon	Tue	Wed	Thu	Fri	Sat
7:00 AM		Adult BJJ Fundamentals (7:00AM - 7:45AM)		Adult BJJ Fundamentals (7:00AM - 7:45AM)		
7:45 AM						
10:00 AM						PeeWee (3-7) Brazilian Jiu Jitsu (10:00AM - 10:30AM)
10:30 AM						
11:00 AM						Youth (7-13) Brazilian Jiu Jitsu (11:00AM - 11:45AM)
11:45 AM						
12:00 PM						Adult Brazilian Jiu Jitsu (12:00PM - 12:45PM)
12:45 PM						
1:00 PM						
1:45 PM						
4:45 PM	PeeWee (3-7) Brazilian Jiu Jitsu (4:45PM - 5:15PM)		PeeWee (3-7) Brazilian Jiu Jitsu (4:45PM - 5:15PM)			
5:15 PM						
5:30 PM	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:15PM)	PeeWee & Youth Brazilian Jiu-Jitsu (5:30PM - 6:15PM)	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:15PM)	PeeWee & Youth Brazilian Jiu-Jitsu (5:30PM - 6:15PM)		
6:15 PM						
6:30 PM	Adult Brazilian Jiu Jitsu (6:30PM - 7:15PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:15PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:15PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:15PM)		
7:15 PM						

Muay Thai

Time	Mon	Tue	Wed	Thu	Fri	Sat
9:00 AM						Adult Muay Thai (9:00AM - 9:45AM) At T3MA of Redmond
9:45 AM						
4:30 PM						
5:00 PM						
7:30 PM	Adult Muay Thai (7:30PM - 8:15PM)		Adult Muay Thai (7:30PM - 8:15PM)			
8:15 PM						