



Brazilian Jiu-Jitsu

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

Muay Thai

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:15 AM						
7:00 AM						
8:00 AM						
8:30 AM						
9:00 AM						Adult Muay Thai (9:00AM - 10:00AM) At T3MA of Redmond
9:30 AM						
4:30 PM		Youth (6-15) Muay Thai (4:30PM - 5:30PM)		Youth (6-15) Muay Thai (4:30PM - 5:30PM)		
5:00 PM						
7:30 PM	Adult Muay Thai (7:30PM - 8:30PM)		Adult Muay Thai (7:30PM - 8:30PM)			
8:00 PM						

Massage Therapy - See Front Desk to Schedule your Appointment