



Brazilian Jiu-Jitsu

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)		Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)			
		Kids (3-7) Brazilian Jiu Jitsu (10:00AM - 10:45AM)			Kids (3-7) Brazilian Jiu Jitsu (10:00AM - 10:45AM)	
					Kids (7-12) No-Gi BJJ (11:00AM - 11:55AM)	
Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)		Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)		Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)	Adult Fundamentals Brazilian Jiu-Jitsu (12:00PM - 12:55PM)	Adult All Levels Brazilian Jiu Jitsu (12:00PM - 12:55PM)
Kids (3-4) Brazilian Jiu Jitsu (4:00PM - 4:40PM)		Kids (3-4) Brazilian Jiu Jitsu (4:00PM - 4:40PM)		Kids (7-12) Beginner BJJ (4:00PM - 4:55PM)	Adult Intermediate BJJ Sparring (1:00PM - 2:00PM)	Teens All Levels Brazilian Jiu Jitsu (1:00PM - 2:00PM)
Kids (5-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)		Kids (5-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)		Kids (7-12) Advanced BJJ (5:00PM - 5:55PM)		
Kids (7-12) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Teens All Levels Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Kids (7-12) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Teens All Levels Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Ladies Only Brazilian Jiu Jitsu (6:00PM - 6:55PM)		
Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:30PM)	Adult Fundamentals Brazilian Jiu-Jitsu (6:30PM - 7:25PM)	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:30PM)	Adult Fundamentals Brazilian Jiu-Jitsu (6:30PM - 7:25PM)	Adult Intermediate No-Gi BJJ (7:00PM - 8:00PM)		
	Adult Intermediate BJJ Sparring (7:30PM - 8:30PM)		Adult Intermediate BJJ Sparring (7:30PM - 8:30PM)			

Muay Thai

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Adult All Levels Muay Thai (7:00AM - 8:00AM)		Adult All Levels Muay Thai (7:00AM - 8:00AM)			Adult All Levels Muay Thai (8:00AM - 8:55AM)	
					Youth (10-14) Muay Thai (9:00AM - 10:00AM)	
	Kids (5-9) Muay Thai (4:00PM - 4:40PM)		Kids (5-9) Muay Thai (4:00PM - 4:40PM)			
	Youth (10-14) Muay Thai (4:45PM - 5:30PM)		Youth (10-14) Muay Thai (4:45PM - 5:30PM)			
Adult All Levels Muay Thai (7:30PM - 8:25PM)		Adult All Levels Muay Thai (7:30PM - 8:25PM)		Adult All Levels Muay Thai (8:00PM - 9:00PM)		
Adult Advanced Muay Thai (8:30PM - 9:00PM)		Adult Advanced Muay Thai (8:30PM - 9:00PM)				

T3MA Bellevue Age Divisions

Kids 3-12
Teens 12-15

BJJ Adult Class Levels

Fundamentals - White Belts and up
All Level - White Belts and up
Intermediate - White Belt 2 Stripe and up
Advanced - Purple Belt 4 Stripe and up

