



Brazilian Jiu-Jitsu

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

Muay Thai

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

T3MA Bellevue Age Divisions
Kids 3-11
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 - Blue Belt and up

