



## 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)	Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)	Adult Intermediate No-Gi BJJ (7:00AM - 8:00AM)	Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)		
					Adult Advanced Brazilian Jiu-Jitsu (9:00AM - 9:55AM)	Adult Intermediate Competition BJJ (9:00AM - 10:20AM)
	Kids (3-7) Brazilian Jiu Jitsu (10:00AM - 10:45AM)				Kids (3-7) Brazilian Jiu Jitsu (10:00AM - 10:45AM)	
					Kids (7-11) Brazilian Jiu Jitsu (11:00AM - 11:45AM)	Teens (12-15) No-Gi BJJ (12:00PM - 12:55PM)
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 All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)		Adult All Levels Brazilian Jiu Jitsu (12:00PM - 12:55PM)	Adult Fundamentals No-Gi BJJ (1:00PM - 2:00PM)
			Teens (12-15) Brazilian Jiu Jitsu (4:00PM - 4:40PM)		Adult Intermediate BJJ Sparring (1:00PM - 2:00PM)	Adult Fundamentals Brazilian Jiu Jitsu (2:00PM - 3:00PM)
	Kids (3-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)		Kids (3-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)	Teens (12-15) Brazilian Jiu Jitsu (4:00PM - 4:55PM)		
Kids (7-11) No-Gi BJJ (5:30PM - 6:25PM)	Kids (7-11) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Teens (12-15) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Kids (7-11) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Kids (7-11) Advanced Brazilian Jiu-Jitsu (5:00PM - 6:00PM)		
Adult Intermediate No-Gi BJJ (6:30PM - 7:25PM)	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:25PM)	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:25PM)	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:25PM)	Ladies Only Brazilian Jiu Jitsu (6:00PM - 7:00PM)		
Adult Intermediate No-Gi 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 (2:00PM - 3:00PM)	
		Kids (5-12) Muay Thai (4:00PM - 4:45PM)				
Kids (5-12) Teens (12-15) Muay Thai (4:30PM - 5:15PM) Kids (4:30PM - 5:30PM) Teens		Teens (12-15) Muay Thai (4:45PM - 5:30PM)				
	Adult All Levels Muay Thai (7:30PM - 8:30PM)		Adult All Levels Muay Thai (7:30PM - 8:30PM)	Ladies Only Muay Thai (7:00PM - 8:00PM)		
	Adult Sparring Muay Thai (8:30PM - 9:00PM)		Adult Sparring Muay Thai (8:30PM - 9:00PM)	Ladies Only Muay Thai Sparring (8:00PM - 8:30PM)		

### T3MA Redmond 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

