



SCS NORTH WEEKLY SCHEDULE

ADULT CLASSES

BRAZILIAN JIU-JITSU

MUAY THAI/KICKBOXING

YOUTH CLUB (13-16)

MON (EVE)	TUE (EVE)	WED (EVE)	THU (EVE)	FRI (EVE)	SAT (DAY)
6:00 - 6:45pm BJJ No Gi Technique	6:00 - 6:45pm Muay Thai Technique	6:00 - 6:45pm BJJ No Gi Technique	6:00 - 6:45pm Muay Thai Technique	6:00 - 6:45pm BJJ No Gi Technique	11:30 - 12:15pm BJJ Gi Technique
6:00 - 7:30pm BJJ No Gi Youth Club		6:00 - 7:30pm BJJ No Gi Youth Club		6:00 - 6:45pm Muay Thai Technique	11:30 - 12:15pm Muay Thai Technique
6:45 - 7:30pm BJJ Rolling	6:45 - 7:30pm Thai Pads/ Conditioning	6:45 - 7:30pm BJJ Rolling	6:45 - 7:30pm Thai Pads/ Conditioning	6:45 - 7:30pm BJJ Rolling	12:15 - 1:00pm BJJ Rolling
7:30 - 8:30pm Muay Thai Technique & Conditioning	7:30 - 8:00pm Thai Sparring (Invite Only)	7:30 - 8:30pm Muay Thai Technique & Conditioning	7:30 - 8:00pm Thai Sparring (Invite Only)	6:45 - 7:30pm Thai Pads/ Conditioning	12:15 - 1:00pm Thai Pads/ Conditioning
	7:30 - 8:30pm BJJ Gi Technique & Rolling		7:30 - 8:30pm BJJ Gi Technique & Rolling		1:00 - 1:30pm Thai Sparring (Invite Only)

KIDS/YOUTH CLASSES

LITTLE ROLLERS (5-6) - 3 SEMESTERS

BIG CHAMPS (7-12)

MON (EVE)	TUE (EVE)	WED (EVE)	THU (EVE)	
		4:15 - 5:00pm Little Rollers Jiu-Jitsu Starts Sept		
5:00 - 6:00pm Jiu-Jitsu Big Champs	5:00 - 6:00pm Jiu-Jitsu Big Champs	5:00 - 6:00pm Jiu-Jitsu Big Champs	5:00 - 6:00pm Jiu-Jitsu Big Champs	