



SCSOUTH WEEKLY SCHEDULE

ADULT CLASSES

BRAZILIAN JIU-JITSU

MUAY THAI/KICKBOXING

MON (EVE)	TUE (EVE)	WED (EVE)	THU (EVE)	FRI (EVE)	SAT (DAY)	SUN (DAY)
6:00 - 6:45pm BJJ No Gi Technique Foundations	6:00 - 6:45pm Muay Thai Technique Foundations	6:00 - 6:45pm BJJ No Gi Technique Foundations	6:00 - 6:45pm Muay Thai Technique Foundations	6:00 - 6:45pm BJJ No Gi Technique Foundations	11:30 - 12:15pm BJJ Gi Technique (All Levels)	10:00 - 11:30am MMA Sparring (Invite Only)
6:00 - 6:45pm BJJ No Gi Advanced Tech. (Coloured Belts)	6:00 - 6:45pm Thai Advanced Technique (Invite Only)	6:00 - 6:45pm BJJ No Gi Advanced Tech. (Coloured Belts)	6:00 - 6:45pm Thai Advanced Technique (Invite Only)	6:00 - 6:45pm Muay Thai Technique Foundations	11:30 - 12:15pm Muay Thai Technique (All Levels)	11:30 - 12:30pm BJJ Rolling (All Levels)
6:45 - 7:30pm BJJ Rolling (All Levels)	6:45 - 7:30pm Thai Pads/ Conditioning (All Levels)	6:45 - 7:30pm BJJ Rolling (All Levels)	6:45 - 7:30pm Thai Pads/ Conditioning (All Levels)	6:00 - 6:45pm MMA Technique (Invite Only)	12:15 - 1:00pm BJJ Rolling (All Levels)	
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 BJJ Rolling (All Levels)	12:15 - 1:00pm Thai Pads/ Conditioning (All Levels)	
7:30 - 8:30pm Wrestling (All Levels)	7:30 - 8:30pm BJJ Gi Technique & Rolling	7:30 - 8:30pm Wrestling (All Levels)	7:30 - 8:30pm BJJ Gi Technique & Rolling	6:45 - 7:30pm Thai Pads/ Conditioning (All Levels)	1:00 - 1:30pm Thai Sparring (Invite Only)	

KIDS/YOUTH CLASSES

LITTLE ROLLERS (5-6) - 3 SEMESTERS

BIG CHAMPS (7-12)

YOUTH CLUB (13-17)

MON (EVE)	TUE (EVE)	WED (EVE)	THU (EVE)	FRI (EVE)	SAT (DAY)	SUN (DAY)
		4:15 - 5:00pm Little Rollers Jiu-Jitsu				
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			
6:00 - 7:30pm BJJ No Gi Youth Club		6:00 - 7:30pm BJJ No Gi Youth Club		5:00 - 6:00pm BJJ No Gi Youth Club		