

# SCHEDULE

## NORTH

# WEEKLY SCHEDULE

### ADULT CLASSES

#### BRAZILIAN JIU-JITSU

#### MUAY THAI / KICKBOXING

#### WRESTLING

#### INVITE ONLY

MON (EVE)	TUES (EVE)	WED (EVE)	THU (EVE)	FRI (EVE)	SAT (DAY)	
<b>6:00 - 6:45pm</b> BJJ Gi Technique	<b>6:00 - 6:45pm</b> Muay Thai Technique	<b>6:00 - 6:45pm</b> BJJ Gi Technique	<b>6:00 - 6:45pm</b> Muay Thai Technique	<b>6:00 - 6:45pm</b> BJJ Gi Technique	<b>10:30 - 11:30pm</b> Wrestling	
<b>6:45 - 7:30pm</b> BJJ Rolling	<b>6:45 - 7:30pm</b> Thai Pads / Conditioning	<b>6:45 - 7:30pm</b> BJJ Rolling	<b>6:45 - 7:30pm</b> Thai Pads / Conditioning	<b>6:00 - 6:45pm</b> Muay Thai Technique	<b>11:30 - 12:15pm</b> BJJ No Gi Technique	<b>11:30 - 12:15pm</b> Muay Thai Technique
<b>7:30 - 8:30pm</b> Muay Thai Technique & Conditioning	<b>7:30 - 8:00pm</b> Thai Sparring (Invite Only)	<b>7:30 - 8:30pm</b> Muay Thai Technique & Conditioning	<b>7:30 - 8:00pm</b> Thai Sparring (Invite Only)	<b>6:00 - 6:45pm</b> BJJ Rolling	<b>12:15 - 1:00pm</b> BJJ Rolling	<b>12:15 - 1:00pm</b> Thai Pads / Conditioning
	<b>7:30 - 8:30pm</b> BJJ No Gi Technique & Rolling		<b>7:30 - 8:30pm</b> BJJ No Gi Technique & Rolling	<b>6:45 - 7:30pm</b> Thai Pads / Conditioning	<b>1:00 - 1:30pm</b> Thai Sparring (Invite Only)	