

# SCHEDULE

## SOUTH 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)	SUN (DAY)
<b>6:00 - 6:45pm</b> BJJ Gi Technique Foundations	<b>6:00 - 6:45pm</b> Muay Thai Technique Foundations	<b>6:00 - 6:45pm</b> BJJ Gi Technique Foundations	<b>6:00 - 6:45pm</b> Muay Thai Technique Foundations	<b>6:00 - 6:45pm</b> BJJ Gi Technique Foundations	<b>11:30 - 12:15pm</b> BJJ No Gi Technique (All Levels)	<b>10:00 - 11:30pm</b> MMA Sparring (Invite Only)
<b>6:00 - 6:45pm</b> BJJ Gi Advanced Tech (Coloured Belts)	<b>6:00 - 6:45pm</b> Thai Advanced Technique (Invite Only)	<b>6:00 - 6:45pm</b> BJJ Gi Advanced Tech (Coloured Belts)	<b>6:00 - 6:45pm</b> Thai Advanced Technique (Invite Only)	<b>6:00 - 6:45pm</b> Muay Thai Technique Foundations	<b>11:30 - 12:15pm</b> Muay Thai Technique (All Levels)	<b>11:30 - 12:30pm</b> BJJ Rolling (All Levels)
<b>6:45 - 7:30pm</b> BJJ Rolling (All Levels)	<b>6:45 - 7:30pm</b> Thai Pads / Conditioning (All Levels)	<b>6:45 - 7:30pm</b> BJJ Rolling (All Levels)	<b>6:45 - 7:30pm</b> Thai Pads / Conditioning (All Levels)	<b>6:00 - 6:45pm</b> MMA Technique (Invite Only)	<b>12:15 - 1:00pm</b> BJJ Rolling (All Levels)	
<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>6:45 - 7:30pm</b> BJJ Rolling (All Levels)	<b>12:15 - 1:00pm</b> Thai Pads / Conditioning (All Levels)	
<b>7:30 - 8:30pm</b> Wrestling (All Levels)	<b>7:30 - 8:30pm</b> BJJ No Gi Technique & Rolling	<b>7:30 - 8:30pm</b> Wrestling (All Levels)	<b>7:30 - 8:30pm</b> BJJ No Gi Technique & Rolling	<b>6:45 - 7:30pm</b> Thai Pads / Conditioning (All Levels)	<b>1:00 - 1:30pm</b> Thai Sparring (Invite Only)	