



Kids Classes

Jiu Jitsu, Boxing and Kickboxing

DETHRONE 1 (Bullard & Marks)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM						No Gi Jiu Jitsu 9:00 - 10:00
9:30 AM						
10:00 AM						
10:30 AM						
4:30 PM	Kickboxing 4:30-5:30	Gi Jiu Jitsu Basics* 4:30 - 5:15	Kickboxing 4:30-5:30	Gi Jiu Jitsu Basics 4:30 - 5:15	Gi Jiu Jitsu Intermediate ** 5:00 - 6:00	
5:00 PM		Gi Jiu Jitsu Advanced *** 5:15 - 6:15		Boxing 5:30 - 6:30		Gi Jiu Jitsu Advanced *** 5:15 - 6:15
5:30 PM						
6:00 PM	Boxing 5:30 - 6:30					
6:30 PM						
7:00 PM						

* Basics: Less than 1 Year of BJJ training

** Intermediate: Gi Required, 1 month of training required

*** Advanced: 1 Year or more of BJJ training