

DETHRONE 1 (Bullard & Marks)

KIDS MIXED MARTIAL ARTS

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00						10:00-11:00 Gi Jiu Jitsu Intermediate**
10:30						
11:00						
4:30	4:30-5:30 Kickboxing	4:30-5:15	4:30-5:30	4:30-5:15		
5:00		Gi Jiu Jitsu Basics*	Kickboxing	Gi Jiu Jitsu Basics*	5:00-6:00	
5:15		5:15-6:15		5:15-6:15		Gi Jiu Jitsu
5:30	5:30-6:30 Boxing	Gi Jiu Jitsu	5:30-6:30	Gi Jiu Jitsu	Intermediate**	
6:00		Advanced***	Boxing	Advanced***		
6:15						
6:30						
7:00						

***Basics: Less than 1 Year of BJJ training**

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

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