

# ELKRIDGE ADULT SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM			<b>Gi Jiu-Jitsu</b> All Levels 6:30-7:30 am		<b>Gi Jiu-Jitsu</b> All Levels 6:30-7:30 am		
10:30 AM	<b>Muay Thai</b> Intro 10:30-11:30 am	<b>Muay Thai</b> Intro 10:30-11:30 am		<b>Muay Thai</b> Intro 10:30-11:30 am			<b>Gi Jiu-Jitsu</b> All Levels 10:30-11:30 am
11:30 AM	<b>Muay Thai</b> Green Shirt+ 11:30-12:30 pm	<b>Gi Jiu-Jitsu</b> All Levels 11:30-12:30 pm		<b>Gi Jiu-Jitsu</b> All Levels 11:30-12:30 pm			<b>Jiu-Jitsu</b> Mastery Phase Belt+ 11:30-1:00 pm
5:00 PM		<b>Boxing Bag Class</b> 5:00-5:45 pm		<b>Boxing Bag Class</b> 5:00-5:45 pm		<b>Boxing Intro</b> 5:00-5:45 pm	
6:00 PM		<b>No-Gi Jiu-Jitsu</b> Phase Belt+ 6:00-7:00 pm	<b>Gi Jiu-Jitsu</b> Phase Belt+ 6:00-7:00 pm	<b>Fitness Bootcamp</b> 6:00-7:00 pm	<b>No-Gi Jiu-Jitsu</b> Phase Belt+ 6:00-7:00 pm	<b>Gi Jiu-Jitsu</b> Phase Belt+ 6:00-7:00 pm	<b>Fitness Bootcamp</b> 6:00-7:00 pm
7:00 PM		<b>Jiu-Jitsu</b> Intro 7:00-8:00 pm	<b>Muay Thai</b> Intro+Inter 7:00-8:00 pm	<b>No-Gi</b> Intro 7:00-8:00 pm	<b>Boxing</b> Intro 7:00-8:00 pm	<b>Jiu-Jitsu</b> Intro 7:00-8:00 pm	<b>Muay Thai</b> Intro+Inter 7:00-8:00 pm
8:00 PM		<b>Jiu-Jitsu</b> Mastery Blue Belt+ 8:00-9:30 pm	<b>Muay Thai</b> Green+ 8:00-9:00 pm	<b>Jiu-Jitsu</b> Mastery Blue Belt+ 8:00-9:30 pm	<b>Muay Thai</b> Intro 8:00-9:00 pm	<b>No Gi</b> Mastery Blue Belt+ 8:00-9:30 pm	<b>Muay Thai</b> Green+ 8:00-9:00 pm
					<b>Jiu-Jitsu</b> Mastery Blue Belt+ 8:00-9:30 pm	<b>Muay Thai</b> Intro 8:00-9:00 pm	