

# SEVERNA PARK SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

10:00 AM

11:00 AM

12:30 PM

5:00 PM

5:30 PM

6:15 PM

7:00 PM

8:00 PM

Tiny Ninjas | Ages 3-5  
5:00 - 5:30

Little Ninjas & Juniors  
Ages 6-12  
5:30 - 6:15

Gi Jiu-Jitsu | Mastery  
Ages 6-12  
6:15-7:00

Muay Thai | Intro  
7:00-8:00

Muay Thai | Mastery  
Yellow Shirt +  
8:00-9:00

Tiny Ninjas | Ages 3-5  
5:00 - 5:30

Little Ninjas & Juniors  
Ages 6-12  
5:30 - 6:15

No Gi | Mastery  
Ages 6-12  
6:15-7:00

No Gi Jiu-Jitsu | Intro  
7:00-8:00

No Gi Jiu-Jitsu | Mastery  
Phase Belt +  
8:00-9:30

Tiny Ninjas | Ages 3-5  
5:00 - 5:30

Little Ninjas & Juniors  
Ages 6-12  
5:30 - 6:15

Gi Jiu-Jitsu | Mastery  
Ages 6-12  
6:15-7:00

Muay Thai | Intro  
7:00-8:00

Muay Thai | Mastery  
Yellow Shirt +  
8:00-9:00

Tiny Ninjas | Ages 3-5  
5:00 - 5:30

Little Ninjas & Juniors  
Ages 6-12  
5:30 - 6:15

Gi Jiu-Jitsu | Mastery  
Ages 6-12  
6:15-7:00

Gi Jiu-Jitsu | Intro  
7:00-8:00

Gi Jiu-Jitsu | Mastery  
Phase Belt +  
8:00-9:30

No-Gi | Mastery  
Ages 6-12  
5:00-6:00

No Gi Jiu-Jitsu  
All Levels  
6:00-7:00

Boxing | Intro  
7:00-8:00

Muay Thai Kickboxing  
Mastery  
Ages 6-12  
10:00-11:00

Gi Jiu-Jitsu  
All Levels  
11:00-12:00

Muay Thai | Intro  
12:30-1:30

CLOSED