

# ELKRIDGE | KIDS & TEENS SCHEDULE

## MONDAY & WEDNESDAY

## TUESDAY & THURSDAY

## FRIDAY

## SATURDAY

5:00pm  
5:15pm

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

Gi Jiu-Jitsu | Mastery  
Ages 5-8  
5:00 - 5:45

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

Gi Jiu-Jitsu  
Mastery  
Ages 5-8  
5:00 - 5:45

Muay Thai  
Mastery  
Grey Belt & Up  
5:00 - 5:45

Competition Team  
Mastery | Invite Only  
10:00 - 11:30am

5:30pm  
5:45pm

Little Ninjas  
Ages 6-8  
5:30 - 6:15

Gi Jiu-Jitsu  
Mastery  
Ages 9+  
5:45 - 7:00

Little Ninjas  
Ages 6-8  
5:30 - 6:15

Gi Jiu-Jitsu  
Mastery  
Ages 9+  
5:45 - 7:00

Muay Thai  
Jrs & Mastery  
Ages 6-12  
5:15 - 6:00

6:15pm

Jiu-Jitsu  
Jrs & Teens  
Ages 9-15  
6:15 - 7:00

Jiu-Jitsu  
Jrs & Teens  
Ages 9-15  
6:15 - 7:00

No Gi Jiu-Jitsu  
Mastery | Ages 6-15  
6:00 - 7:00

7:00pm

Gi Jiu-Jitsu | Intro  
16yrs +  
7:00 - 8:00

Muay Thai | Intro  
13yrs +  
7:00 - 8:00

No Gi Jiu-Jitsu | Intro  
16yrs +  
7:00 - 8:00

Boxing | Intro  
13yrs +  
7:00 - 8:00

No Gi Jiu-Jitsu  
Intermediate  
16yrs +  
7:00 - 8:30

CLASS KEY:

INTRO  
CLASSES

ADVANCED  
CLASSES

COMBINATION  
CLASS

COMP TEAM  
ONLY