

OWINGS MILLS SCHEDULE

MONDAY/ WEDNESDAY

TUESDAY/ THURSDAY

FRIDAY

SATURDAY

SUNDAY

10:00am

11:00am

No Gi Jiu-Jitsu
All Levels
10:00-11:00

Muay Thai
All Levels
11:00-12:00

5:00pm

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

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

5:30pm

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

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

Gi Jiu-Jitsu | Mastery
Ages 6-12
5:30-6:30

CLOSED

6:15pm

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

Muay Thai | Mastery
Ages 6-12
6:15-7:00

Gi Jiu-Jitsu
All Levels
6:30-8:00

7:00pm

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

Monday NoGi
Wednesday Gi

Jiu-Jitsu |
Mastery
Phase Belt +
7:00-9:00

Monday NoGi
Wednesday Gi

Muay Thai
Intro
7:00-8:00

Muay Thai
Intermediate
7:00-8:00

Class Key:

*Kids
Intro
Program*

*Adult
Intro
Program*

8:00pm

*Kids
Mastery
Program*

*Adult
Mastery
Program*

Muay Thai | Mastery Green Shirt +
8:00-9:30