

SEVERNA PARK SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

10:00 AM

Muay Thai | Intro
10:30am - 11:30am

11:00 AM

Gi Jiu-Jitsu
All Levels
11:30am - 12:30pm

12:30 PM

5:00 PM

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

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

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

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

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

5:30 PM

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

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

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

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

CLOSED

6:15 PM

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

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

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

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

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

7:00 PM

Muay Thai | Intro
7:00-8:00

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

Muay Thai | Intro
7:00-8:00

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

Boxing | Intro
7:00-8:00

8:00 PM

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

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

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

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