

ELKRIDGE | KIDS SCHEDULE (ages 3-12)

MONDAY / WEDNESDAY

TUESDAY / THURSDAY

FRIDAY

CLASS KEY:

KIDS INTRO PROGRAM

KIDS MASTERY PROGRAM

5:00 pm

Tiny Ninjas
Intro Ages 3-4
5:00 - 5:30

Kids Gi Jiu-Jitsu
Advanced
Ages 5-8
5:00 - 5:45

Tiny Ninjas
Intro Ages 3-4
5:00 - 5:30

Kids Gi Jiu-Jitsu
Advanced
Ages 5-8
5:00 - 5:45

Kids Muay Thai
Advanced
Ages 5-12
5:15-6:00

6:00 pm

Little Ninjas
Intro Gi Jiu-Jitsu
Ages 5-8
5:30 - 6:15

Little Ninjas & Juniors
Intro Gi Jiu-Jitsu | Ages 5-12
5:30 - 6:15

Juniors
Intro Gi Jiu-Jitsu
Ages 9-12
6:15 - 7:00

Kids Gi Jiu-Jitsu
Advanced
Ages 9-12
5:45 - 7:00

Kids Muay Thai
Intro
Ages 5-12
6:15pm - 7:00pm

Kids Muay Thai
Advanced
Ages 5-12
6:15pm - 7:00pm

Kids Gi Jiu-Jitsu
Advanced
Ages 9-12
5:45 - 7:00

Kids No Gi Jiu-Jitsu
All Levels
Ages 5-12
6:00 - 7:00

ELKRIDGE | ADULT SCHEDULE (AGES 13+)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		Gi Jiu-Jitsu All Levels 6:30 - 7:30		Gi Jiu-Jitsu All Levels 6:30 - 7:30			
10:30 am	Muay Thai All Levels 10:30 - 11:30		Muay Thai All Levels 10:30 - 11:30			Gi Jiu-Jitsu Fundamentals 10:30 - 11:30	Boxing Bag Class All Levels 10:30 - 11:30
11:30 am	Gi Jiu-Jitsu Fundamentals 11:30 - 12:30	No Gi Jiu-Jitsu All Levels 11:30 - 12:30	Gi Jiu-Jitsu Fundamentals 11:30 - 12:30	No Gi Jiu-Jitsu All Levels 11:30 - 12:30		Gi & No-Gi Jiu-Jitsu Live Sparring Phase Belt + 11:30 - 1:00	Gi Jiu-Jitsu Live Sparring Phase Belt + 10:30 - 11:30
	Gi Jiu-Jitsu Advanced Phase Belt + 11:30 - 1:00		Gi Jiu-Jitsu Advanced Phase Belt + 11:30 - 1:00			Muay Thai Fundamentals 11:30 - 12:30	
5:00 pm	Boxing Bag Class All Levels 5:00 - 5:45	Combat Grappling Fundamentals 5:00 - 6:00	Boxing Bag Class All Levels 5:00 - 5:45	Combat Grappling Fundamentals 5:00 - 6:00	Boxing Fundamentals & Intermediate 5:00 - 6:00	Boxing Advanced Green Shirt + 5:00 - 6:00	Muay Thai Intermediate Yellow+ 12:30 - 1:30pm
6:00 pm	No Gi Jiu-Jitsu All Levels Experience Required 6:00 - 7:00	Boxing Bag Class All Levels 6:00 - 6:45	No Gi Jiu-Jitsu All Levels Experience Required 6:00 - 7:00	Boxing Bag Class All Levels 6:00 - 6:45		Gi Jiu-Jitsu All Levels Experience Required 6:00 - 7:00	
		Gi Jiu-Jitsu All Levels Experience Required 6:00 - 7:00					
7:00 pm	Muay Thai Fundamentals & Intermediate 7:00 - 8:00	Gi Jiu-Jitsu Fundamentals 7:00 - 8:00	Muay Thai Fundamentals & Intermediate 7:00 - 8:00	Boxing Fundamentals & Intermediate 7:00 - 8:00	Boxing Advanced Green Shirt + 7:00 - 8:00	No Gi Jiu-Jitsu Fundamentals 7:00 - 8:00	CLASS KEY:
	No-Gi Jiu-Jitsu Advanced Phase Belt + 7:00 - 8:30	Boxing Fundamentals & Intermediate 7:00 - 8:00	No Gi Jiu-Jitsu Fundamentals 7:00 - 8:00	No Gi Jiu-Jitsu All Levels 7:00 - 8:30	Gi Jiu-Jitsu Advanced Phase Belt + 7:00 - 9:00	No Gi Jiu-Jitsu All Levels 7:00 - 8:30	INTRO PROGRAM Ages 13+
8:00 pm	Muay Thai Advanced Green Shirt + 8:00 - 9:00	Muay Thai Fundamentals & Intermediate 8:00 - 9:00	Muay Thai Advanced Green Shirt + 8:00 - 9:00	Muay Thai Fundamentals & Intermediate 8:00 - 9:00	Muay Thai Advanced Green Shirt+ 8:00 - 9:00		MASTERY PROGRAM Ages 13+
		Muay Thai Advanced Green Shirt+ 8:00 - 9:00					