

ELKRIDGE LOCATION

CLASS SCHEDULE



ADULT PROGRAM

AGES 13+

MONDAY & WEDNESDAY

Muay Thai

ALL LEVELS

INTRO

10:30 - 11:30 AM

Gi Jiu-Jitsu

FUNDAMENTALS

INTRO

11:30 am - 12:30 PM

Gi Jiu-Jitsu

ADVANCED · PHASE BELT+

MASTERY

11:30 am - 1:00 PM

Boxing Bag Class

ALL LEVELS

INTRO

5:00 - 5:45 PM

No Gi Jiu-Jitsu

ALL LEVELS · EXPERIENCE PREFERRED

INTRO

6:00 - 7:00 PM

Muay Thai

FUNDAMENTALS & INTERMEDIATE

INTRO

7:00 - 8:00 PM

Gi Jiu-Jitsu (Mon only)

FUNDAMENTALS

INTRO

7:00 - 8:00 PM

No-Gi Jiu-Jitsu (Mon only)

ADVANCED · PHASE BELT+

MASTERY

7:00 - 8:30 PM

No-Gi Jiu-Jitsu — Takedowns (Wed only)

ALL LEVELS

INTRO

7:00 - 8:00 PM

Muay Thai

ADVANCED · GREEN SHIRT+

MASTERY

8:00 - 9:00 PM

TUESDAY & THURSDAY

Gi Jiu-Jitsu

ALL LEVELS · EARLY MORNING

INTRO

6:30 - 7:30 AM

Combat Grappling

FUNDAMENTALS

INTRO

5:00 - 6:00 PM

Boxing Bag Class ALL LEVELS	INTRO	6:00 – 6:45 PM
Gi Jiu-Jitsu ALL LEVELS · EXPERIENCE PREFERRED	INTRO	6:00 – 7:00 PM
Boxing FUNDAMENTALS & INTERMEDIATE	INTRO	7:00 – 8:00 PM
Boxing ADVANCED · GREEN SHIRT+	MASTERY	7:00 – 8:00 PM
No Gi Jiu-Jitsu FUNDAMENTALS	INTRO	7:00 – 8:00 PM
Gi Jiu-Jitsu ADVANCED · PHASE BELT+	MASTERY	7:00 – 9:00 PM
Muay Thai FUNDAMENTALS & INTERMEDIATE	INTRO	8:00 – 9:00 PM
Muay Thai ADVANCED · GREEN SHIRT+	MASTERY	8:00 – 9:00 PM

FRIDAY

Boxing FUNDAMENTALS & INTERMEDIATE	INTRO	5:00 – 6:00 PM
Boxing ADVANCED · GREEN SHIRT+	MASTERY	5:00 – 6:00 PM
No Gi Jiu-Jitsu ALL LEVELS	INTRO	7:00 – 8:30 PM

SATURDAY

Gi Jiu-Jitsu FUNDAMENTALS	INTRO	10:30 – 11:30 AM
Boxing Bag Class ALL LEVELS	INTRO	10:30 – 11:30 AM
Gi & No-Gi Jiu-Jitsu — Live Sparring PHASE BELT+	MASTERY	11:30 am – 1:00 PM
Muay Thai FUNDAMENTALS	INTRO	11:30 am – 12:30 PM
Muay Thai INTERMEDIATE · YELLOW SHIRT+	MASTERY	12:30 – 1:30 PM

SUNDAY

Gi Jiu-Jitsu — Live Sparring PHASE BELT+	MASTERY	10:30 – 11:30 AM
---	---------	------------------



KIDS PROGRAM

AGES 3-12

MONDAY THROUGH THURSDAY

Tiny Ninjas

INTRO · AGES 3-4

INTRO

5:00 - 5:30 PM

Little Ninjas & Juniors

INTRO GI JIU-JITSU · AGES 5-12

INTRO

5:30 - 6:15 PM

Kids Gi Jiu-Jitsu

ADVANCED · AGES 5-8

MASTERY

5:00 - 5:45 PM

Kids Gi Jiu-Jitsu

ADVANCED · AGES 9-12

MASTERY

5:45 - 7:00 PM

Kids Muay Thai

INTRO · AGES 5-12

INTRO

6:15 - 7:00 PM

Kids Muay Thai

ADVANCED · AGES 5-12

MASTERY

6:15 - 7:00 PM

FRIDAY

Kids Muay Thai

ALL LEVELS · AGES 5-12

INTRO

5:15 - 6:00 PM

Kids No Gi Jiu-Jitsu

ALL LEVELS · AGES 5-12

INTRO

6:00 - 7:00 PM

CLASS KEY

INTRO

Intro
Program

MASTERY

Mastery
Program