

ELKRIDGE LOCATION

CLASS SCHEDULE



ADULT PROGRAM

AGES 13+

MONDAY & WEDNESDAY

Muay Thai ALL LEVELS	10:30 - 11:30 AM
Gi Jiu-Jitsu FUNDAMENTALS	11:30 am - 12:30 PM
Gi Jiu-Jitsu ADVANCED · PHASE BELT+	11:30 am - 1:00 PM
Boxing Bag Class ALL LEVELS	5:00 - 5:45 PM
No Gi Jiu-Jitsu ALL LEVELS · EXPERIENCE RECOMMENDED	6:00 - 7:00 PM
Muay Thai FUNDAMENTALS & INTERMEDIATE	7:00 - 8:00 PM
Gi Jiu-Jitsu (Mon only) FUNDAMENTALS	7:00 - 8:00 PM
No Gi Jiu-Jitsu — Takedowns (Wed only) ALL LEVELS	7:00 - 8:00 PM
No Gi Jiu-Jitsu (Mon only) ADVANCED · PHASE BELT+	7:00 - 8:30 PM
Muay Thai ADVANCED · GREEN SHIRT+	8:00 - 9:00 PM

TUESDAY & THURSDAY

Gi Jiu-Jitsu ALL LEVELS · EARLY MORNING	6:30 - 7:30 AM
Combat Grappling FUNDAMENTALS	5:00 - 6:00 PM

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

FRIDAY

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

SATURDAY

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

Women's Only Muay Thai

ALL LEVELS

9:30 - 10:30 AM

Gi Jiu-Jitsu — Live Sparring

PHASE BELT+

10:30 - 11:30 AM



KIDS PROGRAM

AGES 3-12

MONDAY THROUGH THURSDAY

Tiny Ninjas

INTRO · AGES 3-4

5:00 - 5:30 PM

Little Ninjas & Juniors

INTRO GI JIU-JITSU · AGES 5-12

5:30 - 6:15 PM

Kids Gi Jiu-Jitsu

ADVANCED · AGES 5-8

5:00 - 5:45 PM

Kids Gi Jiu-Jitsu

ADVANCED · AGES 9-12

5:45 - 7:00 PM

Kids Muay Thai

INTRO · AGES 5-12

6:15 - 7:00 PM

Kids Muay Thai

ADVANCED · AGES 5-12

6:15 - 7:00 PM

FRIDAY

Kids Muay Thai

ALL LEVELS · AGES 5-12

5:15 - 6:00 PM

Kids No Gi Jiu-Jitsu

ALL LEVELS · AGES 5-12

6:00 - 7:00 PM