

# **Current Class Schedule (As of 10/01/23)**

## **Advanced Classes Require Testing**

### **Monday**

6:30-8:00PM - Integrated Martial Arts; All Levels

8:00-8:30 - \*Advanced IMA/Timing

### **Tuesday**

10:00-11:30AM - Integrated Martial Arts

6:00-7:15PM - Muay Thai Kickboxing

7:30-8:30PM - Brazilian Jiu-jitsu

### **Wednesday**

6:30-8:00PM - Integrated Martial Arts; All Levels

8:00-8:30Pm - \*Advanced IMA/Timing

### **Thursday**

10:00-11:30AM - Integrated Martial Arts

6:00-7:15PM - Muay Thai Kickboxing

7:30-8:30PM - Brazilian Jiu-jitsu

### **Friday**

5:30-6:30PM - Open Dojo

### **Saturday**

10:00AM-11:30AM - Integrated Martial Arts

11:30AM-12:30 - \*Advanced IMA

### **Sunday**

9:30-10:30AM - Brazilian Jiu-jitsu