

# KIDS / TEENS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30PM - 5:15PM <b>KICKBOXING</b> AGES 8+ COACHES RYAN BREICH DANNY BREICH	4:30PM - 5:30PM <b>NO-GI BJJ</b> AGES 8+ COACH COLBY ALLEN RYAN BREICH	4:30PM - 5:15PM <b>JUNIOR KIDS BJJ</b> AGES 4-8 COACHES REVEKKA ELI TANER BASACAR	4:30PM - 5:30PM <b>KICKBOXING</b> AGES 8+ COACHES TOMMY GUN RYAN BREICH DANNY BREICH	4:30PM - 5:15PM <b>JUNIOR KIDS BJJ</b> AGES 4-8 COACHES REVEKKA ELI TANER BASACAR	9:30AM - 10:15AM <b>JUNIOR KIDS BJJ</b> AGES 4-8 COACHES REVEKKA ELI TANER BASACAR
		4:30PM - 5:30PM <b>SENIOR KIDS BJJ</b> AGES 8+ COACHES COLBY ALLEN ABBY JULIAN		4:30PM - 5:30PM <b>SENIOR KIDS BJJ</b> AGES 8+ COACHES COLBY ALLEN ABBY JULIAN	9:30AM - 10:30AM <b>SENIOR KIDS BJJ</b> AGES 8+ COACHES COLBY ALLEN ABBY JULIAN

# BRAZILIAN JIU-JITSU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM - 7:30AM <b>NO-GI</b> ALL GRADES COACH MICHAEL TOHME	11:00AM - 12:00PM <b>NO-GI</b> ALL GRADES COACH NINOS DAMMO	6:30AM - 7:30AM <b>NO-GI</b> ALL GRADES COACH MICHAEL TOHME	11:00AM - 12:00AM <b>MASTER CLASS</b> PURPLE BELT AND ABOVE COACH NINOS DAMMO	6:30AM - 7:30AM <b>GI</b> ALL GRADES COACH MICHAEL TOHME	10:30AM - 11:30AM <b>NO-GI ADVANCED LEG LOCKS</b> BLUE BELT AND ABOVE COACH COLBY ALLEN
6:00PM - 7:00PM <b>GI WOMENS</b> ALL GRADES COACH ABBY JULIAN	12:00PM - 1:00PM <b>GI</b> ALL GRADES COACH NINOS DAMMO	12:00PM - 1:00PM <b>NO-GI</b> ALL GRADES COACH TOMMY GUN	12:00PM - 1:00PM <b>GI</b> ALL GRADES COACH NINOS DAMMO	7:00PM - 8:00PM <b>NO-GI FUNDAMENTALS</b> ALL GRADES COACH TOMMY GUN	12:30PM - 1:30PM <b>COMP ROUNDS</b> COACH NINOS DAMMO
7:00PM - 8:00PM <b>NO-GI</b> ALL GRADES COACH TOMMY GUN	6:00PM - 7:00PM <b>GI</b> ALL GRADES COACH MICHAEL TOHME	6:00PM - 7:00PM <b>GI</b> ALL GRADES COACH NINOS DAMMO	5:30PM - 6:30PM <b>GI WOMENS</b> ALL GRADES COACH EMILY TALEVSKI		
	7:00PM - 8:00PM <b>NO-GI FUNDAMENTALS</b> ALL GRADES COACH TOMMY GUN	7:00PM - 8:00PM <b>NO-GI</b> COACH NINOS DAMMO	6:30PM - 7:30PM <b>NO-GI</b> ALL GRADES COACH NINOS DAMMO		
		<b>NO-GI FUNDAMENTALS</b> COACH VINNI	7:30PM - 8:30PM <b>GI</b> COACH NINOS DAMMO		
			<b>GI FUNDAMENTALS</b> COACH VINNI		

# MIXED MARTIAL ARTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00PM - 6:00PM <b>BOXING</b> ALL LEVELS COACHES BLAKE CAPARELLO DENIS CURAVIC	4:30PM - 5:30PM <b>MMA</b> ALL GRADES COACH TOMMY GUN	6:00PM - 7:00PM <b>KICKBOXING</b> ALL LEVELS COACH SAM GRECO	5:30PM - 6:30PM <b>MMA</b> ALL GRADES COACH TOMMY GUN	6:00PM - 7:00PM <b>KICKBOXING</b> ALL LEVELS COACH SAM GRECO	10:00AM - 11:00AM <b>BOXING</b> ALL LEVELS COACH BLAKE CAPARELLO
6:00PM - 7:00PM <b>KICKBOXING</b> ALL LEVELS COACH SAM GRECO	5:30PM - 6:30PM <b>WRESTLING</b> ALL GRADES COACH BILAL ABDO		6:00PM - 7:00PM <b>BOXING</b> ALL LEVELS COACHES BLAKE CAPARELLO DENIS CURAVIC		11:30AM - 12:30PM <b>WRESTLING</b> ALL GRADES COACH BILAL ABDO
	6:00PM - 7:00PM <b>BOXING</b> ALL LEVELS COACHES BLAKE CAPARELLO DENIS CURAVIC				
	7:00PM - 8:00PM <b>KICKBOXING</b> ALL LEVELS COACH JUNIOR				