

Phoenix BJJ & MMA Academy Schedule

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Adult Brazilian Jiu Jitsu Schedule					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7:00am - 8:00am	All Levels Gi	All Levels No-Gi	All Levels Gi	All Levels No-Gi	
9:00am - 10:30am	All Levels Gi	All Levels No-Gi	All Levels Gi	All Levels No-Gi	
12:00pm-1:30pm					Competition Training (Open To All Gyms)
5:00pm - 6:00pm	All Levels Gi	All Levels No-Gi	All Levels Gi	All Levels No-Gi	All Levels Gi
6:00pm - 7:00pm	Fundamentals Level 1 Gi	Fundamentals Level 2 No-Gi	Fundamentals Level 1 Gi	Fundamentals Level 1 No-Gi	Fundamentals Level 2 Gi 6:00-7:30pm
7:00pm - 8:00pm	BJJ Sparring	BJJ Sparring	BJJ Sparring	BJJ Sparring	
8:15pm	Gym Closed	Gym Closed	Gym Closed	Gym Closed	Gym Closes at 7:45pm

Adult Muay Thai Kickboxing Schedule					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
6:00am - 7:00am	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	
8:00am - 9:00am	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	
7:00pm - 8:00pm	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	

Kids Brazilian Jiu Jitsu Schedule					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4:30pm - 5:00pm	Brazilian Jiu Jitsu Ages 3-6		Brazilian Jiu Jitsu Ages 3-6		
5:00pm - 5:50pm	Brazilian Jiu Jitsu Gi Ages 6-9	Brazilian Jiu Jitsu No-Gi Ages 6-9	Brazilian Jiu Jitsu Gi Ages 6-9	Brazilian Jiu Jitsu No-Gi Ages 6-9	Competition BJJ Ages 6-9
6:00pm - 7:00pm	Brazilian Jiu Jitsu Gi Ages 10-15	Brazilian Jiu Jitsu No-Gi Ages 10-15	Brazilian Jiu Jitsu Gi Ages 10-15	Brazilian Jiu Jitsu No-Gi Ages 10-15	Competition BJJ Ages 10-15
7:00pm - 7:30pm					

Kids Muay Thai Kickboxing Schedule					
	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
4:30pm - 5:00pm		Kickboxing Ages 3-6		Kickboxing Ages 3-6	
5:00pm - 5:55pm	Kickboxing Ages 7-15		Kickboxing Ages 7-15		

Effective 1/01/2017