

Phoenix BJJ & MMA Academy Adult Schedule

500 N. Bullard Ave Suite 31, Goodyear, AZ 85338 | 623-628-6126 | phoenixbjj@gmail.com | phoenixbjjmma.com

Adult Brazilian Jiu Jitsu Schedule

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 - 10:00am	All Levels Gi		All Levels No-Gi		All Levels Gi		All Levels No-Gi		
10:00am - 11:00am			Competition Class				Competition Class		
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	White Belt Gi	Advanced Gi (Blue Belt & up) 6pm-7:30pm	White Belt No-Gi	Advanced No-Gi (Blue Belt & up) 6pm-7:30pm	White Belt Gi	Advanced Gi (Blue Belt & up) 6pm-7:30pm	White Belt No-Gi	Advanced No-Gi (Blue Belt & up) 6pm-7:30pm	All Levels Gi 6pm-7:30pm
7:00pm - 8:00pm	Competition BJJ 7:30pm-8:30pm		Jiu Jitsu Strong 7:30-8:30pm		Competition BJJ 7:30pm-8:30pm		Jiu Jitsu Strong 7:30-8:30pm		
8:00pm - 8:30pm									Gym Closed
8:30pm	Gym Closed		Gym Closed		Gym Closed		Gym Closed		

Adult Muay Thai Kickboxing Schedule

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
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+ 7:15pm-8:15pm	Muay Thai Kickboxing Ages 15+	Muay Thai Kickboxing Ages 15+	

Effective 7/1/2017