

Phoenix BJJ & MMA Academy Kids Schedule

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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 4-6		Brazilian Jiu Jitsu Ages 4-6		
5:00pm - 5:50pm	Brazilian Jiu Jitsu Gi Ages 7-10	Brazilian Jiu Jitsu No-Gi Ages 7-10	Brazilian Jiu Jitsu Gi Ages 7-10	Brazilian Jiu Jitsu No-Gi Ages 7-10	Competition BJJ Ages 7-10
6:00pm - 7:00pm	Brazilian Jiu Jitsu Gi Ages 11-15	Brazilian Jiu Jitsu No-Gi Ages 11-15	Brazilian Jiu Jitsu Gi Ages 11-15	Brazilian Jiu Jitsu No-Gi Ages 11-15	Competition BJJ Ages 11-15

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 4-6		Kickboxing Ages 4-6	
5:00pm - 5:55pm	Kickboxing Ages 7-15		Kickboxing Ages 7-15		

Effective 7/1/2017