

# Kids Schedule

Phoenix BJJ & MMA Academy

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## Kids Schedule

|                 | Monday                                | Tuesday                                 | Wednesday                             | Thursday                                | Friday                                |
|-----------------|---------------------------------------|-----------------------------------------|---------------------------------------|-----------------------------------------|---------------------------------------|
| 4:30pm - 5:00pm | Min Monster BJJ<br>(Ages 4-6)         | Mini Monster Kickboxing<br>(Ages 4-6)   | Min Monster BJJ<br>(Ages 4-6)         | Mini Monster Kickboxing<br>(Ages 4-6)   |                                       |
| 5:00pm - 6:00pm | Muay Thai Kickboxing<br>(Ages 7-10)   | Muay Thai Kickboxing<br>(Ages 7-10)     | Muay Thai Kickboxing<br>(Ages 7-10)   | Muay Thai Kickboxing<br>(Ages 7-10)     |                                       |
| 5:00pm - 6:00pm | Brazilian Jiu Jitsu Gi<br>(Ages 7-10) | Brazilian Jiu Jitsu NoGi<br>(Ages 7-10) | Brazilian Jiu Jitsu Gi<br>(Ages 7-10) | Brazilian Jiu Jitsu NoGi<br>(Ages 7-10) | Competition BJJ<br>(Ages 7-10)        |
| 6:00pm - 7:00pm | Teens BJJ Gi<br>(Ages 11-15)          | Teens BJJ NoGi<br>(Ages 11-15)          | Teens BJJ Gi<br>(Ages 11-15)          | Teens BJJ NoGi<br>(Ages 11-15)          | Teens Competition BJJ<br>(Ages 11-15) |

Effective 12/18/2017