

Adult Schedule

Phoenix BJJ & MMA Academy

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Adult BJJ General Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am - 8:00am	All Levels Gi	All Levels NoGi	All levels Gi	All Levels NoGi		All Levels Gi 8:30-9:30am	
8:30am - 9:00am							
9:00am - 10:00am	All Levels Gi	All Levels NoGi	All Levels Gi	All Levels NoGi			
10:00am - 11:00am	Open Mat	Open Mat	Open Mat	Open Mat			
11:00am-12:00pm							
12:00pm-1:00pm							All Levels GI
5:00pm - 6:00pm	All Levels Gi	All Levels NoGi	All Levels Gi	All Levels NoGi	All Levels Gi		Open Mat
6:00pm - 7:00pm	White Belt Gi	White Belt NoGi	White Belt Gi	White Belt NoGi	All Levels Gi 6:00pm-7:30pm		
	Advanced Gi	Advanced NoGi	Advanced Gi	Advanced NoGi			
	Womens BJJ Gi	Women's BJJ NoGi	Women's BJJ Gi	Women's BJJ NoGi			
7:00pm - 8:30pm	Open Mat	Open Mat	Open Mat	Open Mat	Closed		

Adult BJJ Competition Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am -11:00am						Competition BJJ
12:00pm -1:30pm					Competition BJJ	
7:15pm -8:3pm	Competition BJJ	Competition BJJ	Competition BJJ			

Adult Muay Thai Kickboxing Schedule

	Monday	Tuesday	Wednesday	Thursday
8:00am - 9:00am	All Levels Muay Thai Kickboxing	All Levels Muay Thai Kickboxing	All Levels Muay Thai Kickboxing	All Levels Muay Thai Kickboxing
5:00pm - 6:00pm	Beginner Muay Thai Kickboxing	Beginner Muay Thai Kickboxing	Beginner Muay Thai Kickboxing	Beginner Muay Thai Kickboxing
6:00pm - 7:00pm	Beginner Muay Thai Kickboxing	Beginner Muay Thai Kickboxing	Beginner Muay Thai Kickboxing	Beginner Muay Thai Kickboxing
7:00pm - 8:00pm	Advanced Muay Thai Kickboxing	Advanced Muay Thai Kickboxing	Advanced Muay Thai Kickboxing	Advanced Muay Thai Kickboxing

Effective 1/01/2018