

ELKRIDGE ADULT SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM			Gi Jiu-Jitsu All Levels 6:30-7:30 am		Gi Jiu-Jitsu All Levels 6:30-7:30 am		
10:30 AM	Muay Thai Intro 10:30-11:30 am	Muay Thai Intro 10:30-11:30 am		Muay Thai Intro 10:30-11:30 am			Gi Jiu-Jitsu All Levels 10:30-11:30 am
11:30 AM	Muay Thai Green Shirt+ 11:30-12:30 pm	Gi Jiu-Jitsu All Levels 11:30-12:30 pm		Gi Jiu-Jitsu All Levels 11:30-12:30 pm			Jiu-Jitsu Mastery Phase Belt+ 11:30-1:00 pm
5:00 PM		Boxing Bag Class 5:00-5:45 pm		Boxing Bag Class 5:00-5:45 pm		Boxing Intro 5:00-5:45 pm	
6:00 PM		No-Gi Jiu-Jitsu Phase Belt+ 6:00-7:00 pm	Gi Jiu-Jitsu Phase Belt+ 6:00-7:00 pm	Fitness Bootcamp 6:00-7:00 pm	No-Gi Jiu-Jitsu Phase Belt+ 6:00-7:00 pm	Gi Jiu-Jitsu Phase Belt+ 6:00-7:00 pm	Fitness Bootcamp 6:00-7:00 pm
7:00 PM		Jiu-Jitsu Intro 7:00-8:00 pm	Muay Thai Intro+Inter 7:00-8:00 pm	No-Gi Intro 7:00-8:00 pm	Boxing Intro 7:00-8:00 pm	Jiu-Jitsu Intro 7:00-8:00 pm	Muay Thai Intro+Inter 7:00-8:00 pm
8:00 PM		Jiu-Jitsu Mastery Blue Belt+ 8:00-9:30 pm	Muay Thai Green+ 8:00-9:00 pm	Jiu-Jitsu Mastery Blue Belt+ 8:00-9:30 pm	Muay Thai Intro 8:00-9:00 pm	No Gi Mastery Blue Belt+ 8:00-9:30 pm	Muay Thai Green+ 8:00-9:00 pm
					Jiu-Jitsu Mastery Blue Belt+ 8:00-9:30 pm	Muay Thai Intro 8:00-9:00 pm	