

CLASS SCHEDULE

BELLE MEADE

MONDAY

MAT 1 MAT 2

TUESDAY

MAT 1 MAT 2

WEDNESDAY

MAT 1 MAT 2

THURSDAY

MAT 1 MAT 2

FRIDAY

MAT 1 MAT 2

SATURDAY

MAT 1 MAT 2

SUNDAY

MAT 1 MAT 2

6:00 - 7:00 AM

ALL LEVELS
Gi Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
No-Gi
Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
Gi Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
No-Gi
Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
Gi Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
Gi Jiu Jitsu

ALL LEVELS
Gi Jiu Jitsu

ADULT
Kickboxing

8:00 - 9:00 AM

INVITE ONLY
Pro Training

INVITE ONLY
Pro Training

INVITE ONLY
Pro Training

INVITE ONLY
Pro Training

INVITE ONLY
Pro Training

ALL LEVELS
Gi Jiu Jitsu

ALL LEVELS
Gi Jiu Jitsu

ADULT
Kickboxing

10:00 - 11:00 AM

ADULT
Kickboxing

ADULT
Kickboxing

ADULT
Kickboxing

ADULT
Kickboxing

ADULT
Kickboxing

ADVANCED
Kids
Jiu Jitsu

ALL LEVELS
Gi Jiu Jitsu

ADULT
Kickboxing

11:00 - 12:00 PM

ADULT
Kickboxing

ADULT
Kickboxing

ADULT
Kickboxing

ADULT
Kickboxing

ADULT
Kickboxing

ADULT
Kickboxing

ALL LEVELS
No-Gi
Jiu Jitsu

INVITE ONLY
Kickbox
Sparring

12:00 - 1:00 PM

ALL LEVELS
No-Gi
Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
Gi Jiu Jitsu

ALL LEVELS
No-Gi
Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
Gi Jiu Jitsu

ALL LEVELS
No-Gi
Jiu Jitsu

ADULT
Kickboxing

ADVANCED
Gi Jiu Jitsu

INVITE ONLY
Kickbox
Sparring

ALL LEVELS
Open Mat

3:00 - 3:45 PM

AGES 4-5
Kids
Jiu Jitsu

AGES 4-5
Kids
Jiu Jitsu

AGES 4-5
Kids
Jiu Jitsu

AGES 4-5
Kids
Jiu Jitsu

AGES 4-5
Kids
Jiu Jitsu

AGES 4-5
Kids
Jiu Jitsu

AGES 4-5
Kids
Jiu Jitsu

4:00 - 4:45 PM

AGES 6-8
Kids
Jiu Jitsu

AGES 6-8
Kids
Jiu Jitsu

AGES 6-8
Kids
Jiu Jitsu

AGES 6-8
Kids
Jiu Jitsu

AGES 6-8
Kids
Jiu Jitsu

AGES 6-8
Kids
Jiu Jitsu

AGES 6-8
Kids
Jiu Jitsu

5:00 - 6:00 PM

AGES 9-15
Kids
Jiu Jitsu

AGES 7-13
Kids
Kickboxing

AGES 9-15
Kids
Jiu Jitsu

AGES 9-15
Kids
Jiu Jitsu

AGES 7-13
Kids
Kickboxing

AGES 9-15
Kids
Jiu Jitsu

AGES 9-15
Kids
Jiu Jitsu

AGES 9-15
Kids
Jiu Jitsu

AGES 9-15
Kids
Jiu Jitsu

6:30 - 7:30 PM

ADVANCED
Gi Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
Gi Jiu Jitsu

ADULT
Kickboxing

ADVANCED
Gi Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
Gi Jiu Jitsu

ADULT
Kickboxing

ALL LEVELS
Gi Jiu Jitsu

ALL LEVELS
Gi Jiu Jitsu

ALL LEVELS
Gi Jiu Jitsu

7:30 - 8:30 PM

ADVANCED
No-Gi
Jiu Jitsu

INVITE ONLY
Kickbox
Sparring

ALL LEVELS
No-Gi
Jiu Jitsu

ADVANCED
No-Gi
Jiu Jitsu

INVITE ONLY
Kickbox
Sparring

ALL LEVELS
No-Gi
Jiu Jitsu

ALL LEVELS
No-Gi
Jiu Jitsu

ALL LEVELS
No-Gi
Jiu Jitsu

ALL LEVELS
No-Gi
Jiu Jitsu

CLASS SCHEDULE

BRENTWOOD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 AM	ALL LEVELS Gi Jiu Jitsu	ADULT Kickboxing	ALL LEVELS Gi Jiu Jitsu	ADULT Kickboxing	ALL LEVELS Gi Jiu Jitsu		
8:00 - 9:00 AM						8:45 - 9:45 AM ADULT Kickboxing	
10:00 - 11:00 AM						ALL LEVELS Gi Jiu Jitsu	
11:00 - 12:00 PM	ADULT Kickboxing		ADULT Kickboxing		ADULT Kickboxing	AGES 8-13 Kids Jiu Jitsu	
12:00 - 1:00 PM	ALL LEVELS Gi Jiu Jitsu	ALL LEVELS No-Gi Jiu Jitsu	ALL LEVELS Gi Jiu Jitsu	ALL LEVELS No-Gi Jiu Jitsu	ALL LEVELS Gi Jiu Jitsu	ALL LEVELS No-Gi Jiu Jitsu	
4:15 - 5:00 PM	AGES 5-7 Kids Jiu Jitsu		AGES 5-7 Kids Jiu Jitsu				
5:00 - 5:45 PM	AGES 8-13 Kids Jiu Jitsu	AGES 8-13 Kids Jiu Jitsu	AGES 8-13 Kids Jiu Jitsu	AGES 8-13 Kids Jiu Jitsu	AGES 8-13 Kids Jiu Jitsu		
6:00 - 7:00 PM	ALL LEVELS Gi Jiu Jitsu	ALL LEVELS No-Gi Jiu Jitsu	ALL LEVELS Gi Jiu Jitsu	ALL LEVELS No-Gi Jiu Jitsu	ADULT Kickboxing		
7:00 - 8:00 PM	ADULT Kickboxing		ADULT Kickboxing				
7:30 - 8:30 PM		ALL LEVELS Gi Jiu Jitsu		ALL LEVELS Gi Jiu Jitsu			

PRIVATE LESSONS AVAILABLE UPON REQUEST

KIDS CLASS SCHEDULE

BELLE MEADE

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2
10:00 AM											ADVANCED Kids Jiu Jitsu	
3:00 PM	AGES 4-5 Kids Jiu Jitsu		AGES 4-5 Kids Jiu Jitsu		AGES 4-5 Kids Jiu Jitsu		AGES 4-5 Kids Jiu Jitsu		AGES 4-5 Kids Jiu Jitsu			
4:00 PM	AGES 6-8 Kids Jiu Jitsu		AGES 6-8 Kids Jiu Jitsu		AGES 6-8 Kids Jiu Jitsu		AGES 6-8 Kids Jiu Jitsu		AGES 6-8 Kids Jiu Jitsu			
5:00 PM	AGES 9-15 Kids Jiu Jitsu	AGES 7-13 Kids Kickboxing	AGES 9-15 Kids Jiu Jitsu		AGES 9-15 Kids Jiu Jitsu	AGES 7-13 Kids Kickboxing	AGES 9-15 Kids Jiu Jitsu					

BRENTWOOD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00 AM						AGES 8-13 Kids Jiu Jitsu
4:15 PM	AGES 5-7 Kids Jiu Jitsu		AGES 5-7 Kids Jiu Jitsu			
5:00 PM	AGES 8-13 Kids Jiu Jitsu	AGES 8-13 Kids Jiu Jitsu	AGES 8-13 Kids Jiu Jitsu	AGES 8-13 Kids Jiu Jitsu	AGES 8-13 Kids Jiu Jitsu	