



WORK OUT SCHEDULE :: 1021 JESSIE RD :: 501.663.3850

::Monday::

Noon – 1:00 pm Brazilian Jiu-Jitsu (Mixed)
5:00 pm – 6:00 pm Kids Class
6:00 pm – 7:00 pm No-Gi Grappling
7:15 pm – 8:15 pm Kickboxing

::Tuesday::

5:30 pm – 6:30 pm Kickboxing
7:00 pm – 8:00 pm Kickboxing
8:15 pm – 9:15 pm Brazilian Jiu-Jitsu (Beginners)

::Wednesday::

Noon – 1:00 pm Brazilian Jiu-Jitsu (Mixed)
4:00 pm – 4:30 pm Spider Monkeys (3 to 5 year olds)
5:00 pm – 6:00 Kids Class
6:00 pm – 7:00 pm Brazilian Jiu-Jitsu (Blue Belt & Above)
7:00 pm – 8:00 pm Mixed Martial Arts
8:00 pm – Sparring

::Thursday::

5:30 pm – 6:30 pm Kickboxing
6:00 pm – 7:00 pm Judo

::Friday::

Noon – 1:00 Brazilian Jiu-Jitsu (Mixed)
4:00 pm – 4:30 pm Spider Monkeys (3 to 5 year olds)
5:00 pm – 6:00 pm Kids Class
6:15 pm – 7:30 pm Brazilian Jiu-Jitsu (Mixed)

::Saturday::

Noon – 1:00 pm No Gi Grappling

REAL MARTIAL ARTS REAL FITNESS REAL FUN