

Armstrong Martial Arts - Schedule (Eff. May 13th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brazilian Jiu Jitsu Adult - Gi		Brazilian Jiu Jitsu Adult - Gi		Brazilian Jiu Jitsu Adult - Gi		
6:00am - 7:00am		6:00am - 7:00am		6:00am - 7:00am		
	Open Gym Adult ALL 11:00am - 12:00pm		Open Gym Adult ALL 11:00am - 12:00pm		Submission Grappling Adult - No Gi	Advanced Competition Team Training Must be Blue Belt -OR- prepping for competition Adult 14+
					11:00am -12:00pm	11:00am - 12:00pm
Lil Ninja Warrior A (Sessions) Age 4 - 13		Lil Ninja Warrior A (Sessions) Age 4 - 13				Family Open Gym - BJJ Open to all members
5:30pm - 6:15pm		5:30pm - 6:15pm				12:00pm - 1:00pm
Kids Kickboxing Fitness Age 9-14	Kids Brazilian Jiu Jitsu MAT A Age 5 to 9 MAT B Age 10 to 14	Kids Kickboxing Fitness Age 9-14	Kids Brazilian Jiu Jitsu MAT A Age 5 to 9 MAT B Age 10 to 14	Open Sparring MMA - Kickboxing Adult age 14+ (Must be reg. sparring mem.)		
6:15pm - 7:00pm	6:15pm - 7:00pm	6:15pm - 7:00pm	6:15pm - 7:00pm	6:00pm - 7:00pm		
Adult Brazilian Jiu Jitsu Mat A Fundamentals	Kickboxing Adult Age 14+	Open Gym / Drilling Gi / No-Gi Adult Age 14+	Adult Brazilian Jiu Jitsu Mat A Fundamentals			
Mat B Advanced			Mat B Advanced			
7:00pm - 8:00pm	7:00pm - 8:00pm	7:00pm - 8:00pm	7:00pm - 8:00pm			
Women's ONLY Fitness Kickboxing (Sessions) Age 13+	Submission Grappling Adult - No Gi		Kickboxing Adult Age 14+			
8:00pm - 9:00pm	8:00pm - 9:00pm		8:00pm - 9:00pm			



Privates & Semi Privates to be scheduled around current class times
 Definitions: *Gi* = Uniform, *No-Gi* = No Uniform (shirt and shorts), *Adult classes age 14+*
 Open Gym = Weights / Gi / No - Gi / Kickboxing / Muay Thai all mixed classes working technique or conditioning