



GROUNDSWELL MMA YOUTH Class Schedule

YOUTH PROGRAMS

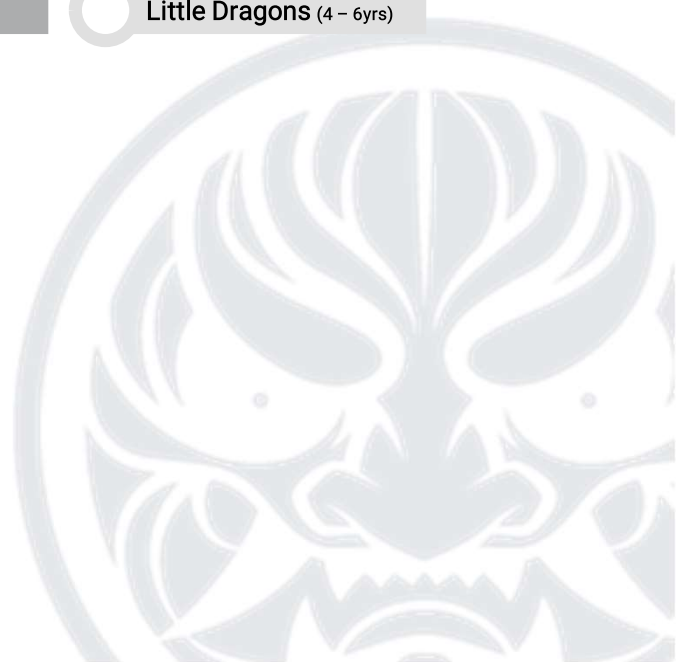
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 AM – 10:00 AM							Little Dragons
10:00 AM – 10:45 AM							Little Ninja
10:45 AM – 11:30 AM							Samurai
1:30 PM – 2:00 PM				Little Dragons		Little Dragons	
2:00 PM – 2:45 PM				Little Ninja		Samurai	
2:00 PM – 2:45 PM				Samurai		Little Ninjas	
4:30 PM – 5:00 PM		Little Dragons		Little Dragons			
5:00 PM – 5:45 PM		Little Ninjas	Teens Striking	Little Ninjas	Teens BJJ		
5:00 PM – 6:00 PM						Samurai	
5:45 PM – 6:30 PM		Samurai		Samurai			
6:00 PM – 6:30 PM			Little Dragons		Little Dragons		
6:00 PM – 7:00 PM						Teens Striking	
6:30 PM – 7:15 PM			Little Ninjas		Little Ninjas		
6:30 PM – 7:30 PM		Teens BJJ		Teens BJJ			

 **Teens** (13 – 16yrs)

 **Samurai** (10 – 12yrs)

 **Little Ninjas** (7 – 9yrs)

 **Little Dragons** (4 – 6yrs)



GROUNDSWELL MMA ADULT Class Schedule

STRIKING PROGRAMS	TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	9:00 AM – 10:00 AM								Striking Essentials
	9:00 AM – 10:00 AM								MMA Striking
	10:00 AM – 11:00 AM	Striking Essentials		Fitness Striking		Fitness Striking			
	10:00 AM – 11:00 AM	MMA Striking							
	11:00 AM – 12:00 PM	Adv. MMA Striking (INVITATION ONLY)							
	11:15 AM – 12:15 PM				Adults w/ Special Needs				
	3:30 PM – 4:30 PM					Striking Essentials	Striking Essentials		
	3:30 PM – 4:30 PM					MMA Striking	MMA Striking		
	5:00 PM – 6:00 PM								
	5:30 PM – 6:30 PM		Women's Striking						
	6:00 PM – 7:00 PM							Striking Essentials	
	6:00 PM – 7:00 PM							MMA Striking	
	6:30 PM – 7:30 PM		Striking Essentials	Fitness Striking	Striking Essentials	Striking Essentials	Fitness Striking		
	6:30 PM – 7:30 PM		MMA Striking	Adv. MMA Striking (INVITATION ONLY)	MMA Striking	Adv. MMA Striking (INVITATION ONLY)			
7:30 PM – 8:30 PM		MMA (FUNDAMENTALS)							

JIU JITSU PROGRAMS	TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 AM – 6:30 AM			No-Gi		No-Gi		
	8:00 AM – 9:00 AM							No-Gi (WRESTLING FOCUS)
	9:00 AM – 10:00 AM	Women's BJJ						
	10:00 AM – 11:00 AM		BJJ		No-Gi		BJJ	
	10:00 AM – 11:30 AM							BJJ
	10:30 AM – 11:30 AM	Live Grappling (MEMBERS ONLY)						
	4:00 PM – 5:00 PM						BJJ	
	5:30 PM – 6:30 PM		No-Gi	BJJ	No-Gi	BJJ (FUNDAMENTALS)	No-Gi	
	6:30 PM – 7:30 PM				Women's BJJ			
7:30 PM – 8:30 PM		BJJ (FUNDAMENTALS)	No-Gi	BJJ	No-Gi			