



GROUNDSWELL MMA YOUTH Class Schedule


YOUTH PROGRAMS

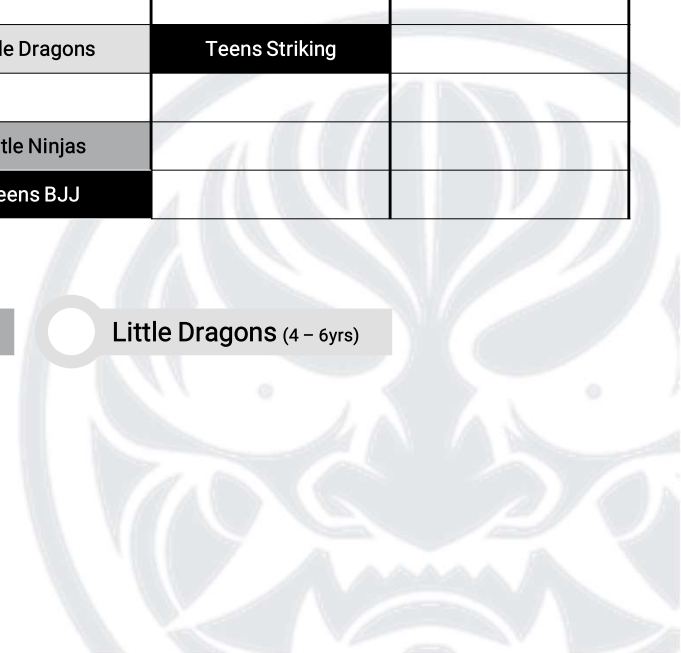
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM – 9:00 AM							Teens No-Gi (WRESTLING FOCUS)
9:00 AM – 10:00 AM							Teens Striking
9:30 AM – 10:00 AM							Little Dragons
10:00 AM – 11:30 AM							Teens BJJ
10:00 AM – 10:45 AM							Little Ninja
10:45 AM – 11:30 AM							Samurai
10:45 AM – 11:30 AM							Adv. Youth Striking (Ninja & Samurai Green+)
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	
4:00 PM – 5:00 PM						Teens BJJ	
4:30 PM – 5:00 PM		Little Dragons		Little Dragons			
5:00 PM – 5:45 PM		Little Ninjas	Teens Fitness Striking	Little Ninjas	Teens Fitness Striking		
5:00 PM – 6:00 PM			Youth Wrestling (ages 8 -15)**		Youth Wrestling (ages 8 -15)**	Samurai	
5:30 PM – 6:30PM		Teens No-Gi		Teens No-Gi		Teens No-Gi	
5:45 PM – 6:30 PM		Samurai		Samurai			
6:00 PM – 6:30 PM			Little Dragons		Little Dragons	Teens Striking	
6:00 PM – 7:00 PM							
6:30 PM – 7:30 PM		Teens Only BJJ	Little Ninjas	Teens Only BJJ	Little Ninjas		
6:30 PM – 7:30 PM		Teens Striking	Teens BJJ	Teens Striking	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/ Sensory Sensitive Dev. Disabilities*	Adults w/ Dev. Disabilities**				
	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			Fitness Striking			Fitness Striking		
	5:30 PM – 6:30 PM		Women's Striking	Adv. MMA Striking (INVITATION ONLY)			Adv. MMA Striking (INVITATION ONLY)		
	6:00 PM – 7:00 PM							Striking Essentials	
	6:00 PM – 7:00 PM							MMA Striking	
	6:30 PM – 7:30 PM		Striking Essentials			Striking Essentials			
	6:30 PM – 7:30 PM		MMA Striking			MMA Striking			
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	
	5:00 PM – 6:00 PM					BJJ (Blue Belt & Above)		
	5:30 PM – 6:30 PM		No-Gi		No-Gi		No-Gi	
	6:30 PM – 7:30 PM			BJJ	Women's BJJ	BJJ (Fundamentals)		
	7:30 PM – 8:30 PM		BJJ (FUNDAMENTALS)	No-Gi	BJJ	No-Gi		