

GROUNDSWELL MMA YOUTH Class Schedule


YOUTH PROGRAMS


TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM – 9:00 AM							Teens Invited: No-Gi (WRESTLING FOCUS)
9:00 AM – 10:00 AM							Teens Invited: Striking
9:00 AM – 9:30 AM							Junior Dragons (age 4)
9:30 AM – 10:00 AM							Little Dragons
10:00 AM – 11:30 AM							Teens Invited: BJJ
10:00 AM – 10:45 AM							Little Ninja
10:45 AM – 11:30 AM							Samurai
11:00 AM – 11:45 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	
4:30 PM – 5:00 PM		Little Dragons		Little Dragons		Little Dragons	
5:00 PM – 5:45 PM		Little Ninjas	Teens Invited: Fitness Striking	Little Ninjas	Teens Invited: Fitness Striking		
5:00 PM – 6:00 PM						Samurai	
5:00 PM – 6:00 PM				Adv. Youth Striking (Ninja & Samurai Green+)		Teens Only BJJ	
5:30 PM – 6:30 PM		Teens Invited: No-Gi		Teens Invited: No-Gi		Teens Invited: No-Gi	
5:30 PM – 6:00 PM			Junior Dragons (age 4)		Junior Dragons (age 4)		
5:45 PM – 6:30 PM		Samurai		Samurai			
6:00 PM – 6:30 PM			Little Dragons		Little Dragons	Teens Invited: Striking	
6:30 PM – 7:15 PM			Little Ninjas		Little Ninjas		
6:30 PM – 7:30 PM			Youth Wrestling (ages 8 -15)		Youth Wrestling (ages 8 -15)		
6:30 PM – 7:30 PM		Teens Only BJJ	Teens Invited: BJJ	Teens Only BJJ	Teens Invited: BJJ		
6:30 PM – 7:30 PM		Teens Invited: Striking		Teens Invited: Striking			

 **Teens** (13 – 16yrs)

 **Samurai** (10 – 12yrs)

 **Little Ninjas** (7 – 9yrs)

 **Little Dragons** (5 – 6yrs)

 **Jr. Dragons** (4 yrs)

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/ Dev. Disabilities**				
	3:30 PM – 4:30 PM				Striking Essentials	Striking Essentials			
	3:30 PM – 4:30 PM				MMA Striking	MMA Striking			
	4:30 PM – 5:30 PM			MMA Grappling		MMA Grappling			
	5:30 PM – 6:30 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		