GROUNDSWELL MMA **YOUTH** Class Schedule

YOUTH PROGRAMS

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM – 9:30 AM							Junior Dragons
9:30 AM – 10:00 AM							Little Dragons
10:00 AM – 10:45 AM							Little Ninja
10:45 AM – 11:30 AM							Samurai
11:00 AM – 11:45 AM							Samurai Striking
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 – 5:30 PM			Junior Dragons		Junior Dragons		
5:00 PM – 5:45 PM		Little Ninjas		Little Ninjas			
5:00 PM – 5:45 PM				Samurai Striking			
5:00 PM – 6:00 PM						Samurai	
5:00 PM – 6:00 PM			Competition Team			Teens No Gi	
5:45 PM – 6:30 PM		Samurai		Samurai			
6:00 PM – 6:30 PM			Little Dragons		Little Dragons		
6:00 PM – 7:00 PM						Competition Team	
6:00 PM – 7:30 PM			Gauntlet Wrestling Club**		Gauntlet Wrestling Club**		
6:30 PM – 7:15 PM			Little Ninjas		Little Ninjas		
6:30 PM – 7:30 PM		Teens BJJ		Teens BJJ			

Teens* (12 – 16yrs)

Samurai (9 – 11yrs)

Little Ninjas (7 – 8 yrs)

Little Dragons (5 – 6 yrs)

Jr. Dragons (4 yrs)

Advanced Program

**All teens are invited to transition into the adult classes when they are comfortable.*

***Gauntlet Wrestling Club is managed separate from Groundswell MMA by Certified USA Wrestling Coach, Trey Holmes. For sign-up details, please contact Trey at 240-367-7542.*

GROUNDSWELL MMA **ADULT** Class Schedule

STRIKING PROGRAMS

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM – 10:00 AM							Striking
10:00 AM – 11:00 AM	Striking		Striking		Striking		
11:00 AM – 12:00 PM	Advanced Striking						
11:15 AM – 12:15 PM				Adults w/ Dev. Disabilities**			
3:00 PM – 4:00 PM						Adults w/ Dev. Disabilities**	
5:30 PM – 6:30 PM		Boxing	Advanced Striking		Advanced Striking		
5:30 PM - 6:30 PM			Standup Conditioning				
6:00 PM – 7:00 PM						Striking	
6:30 PM – 7:30 PM		Striking	Striking	Striking	Striking		
7:30 PM – 8:30 PM		MMA (Fundamentals)		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							
9:00 AM – 10:00 AM	Women's BJJ						No-Gi
10:00 AM – 11:00 AM		BJJ		BJJ		NO-Gi	
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)	No-Gi	
5:30 PM – 6:30 PM		No-Gi		No-Gi			
6:30 PM – 7:30 PM			BJJ	Women's BJJ	BJJ		
7:30 PM – 8:30 PM		BJJ	No-Gi	BJJ	No-Gi		
		Frederick Wrestling Club*		Frederick Wrestling Club*			

***Frederick Wrestling Club is managed separate from Groundswell MMA by Certified USA Wrestling Coach, Greg Welch. This program welcomes teens and adults. For sign-up details, please contact Greg at 301-775-2242.*