

MONSTER MARTIAL ARTS ADULTS



MON	TUE	WED	THUR	FRI	SAT
		6.00AM		6.00 AM	
		NO GI		BRAZILIAN	
		BRAZILIAN JIU JITSU		JIU JITSU	
		JIO JIT30			9.15AM
					FIGHT FIT
					ALL LEVELS
					10AM
					OPEN MAT BJJ/MMA/ Muay Thai
				5.00PM	
				WOMEN'S BJJ	
				(Teens &Adults)	
5.30PM	5.30PM	5.30PM	5.30PM	5.30PM	
MUAY THAI	MUAY THAI FOR MMA	NO GI BRAZILIAN	MUAY THAI FOR MMA	MUAY THAI FOR MMA	
5.30PM		JIU JITSU			
BRAZILIAN	6.30PM		6.30PM	6.30PM	
JIU JITSU	MMA		MMA	MMA	
T 00014	BEGINNERS	- 00514	BEGINNERS	BEGINNERS	
7.00PM		7.00PM			
OPEN MAT		OPEN MAT			
	7.30PM		7.30PM		
	ADVANCED MMA		ADVANCED MMA		
	(30mins		(30mins)		