



# MONSTER MARTIAL ARTS

## ADULTS



| MON                               | TUE                               | WED                                  | THUR                              | FRI                                      | SAT                |
|-----------------------------------|-----------------------------------|--------------------------------------|-----------------------------------|--|--------------------|
|                                   |                                   | 6.00AM<br>BJJ<br>No Gi<br>All Levels |                                   | 6.00 AM<br>BJJ<br>Gi<br>All Levels       |                    |
|                                   |                                   |                                      |                                   |  | 9.30AM<br>OPEN MAT |
|                                   |                                   |                                      |                                   |  |                    |
|                                   |                                   |                                      |                                   | 5.00PM<br>WOMEN'S BJJ<br>(Teens &Adults) |                    |
| 5.30PM<br>MUAY<br>THAI            | 5.30PM<br>MUAY THAI<br>FOR<br>MMA | 5.30PM<br>BJJ<br>NO GI<br>All Levels | 5.30PM<br>MUAY THAI<br>FOR<br>MMA | 5.30PM<br>BOXING<br>FOR<br>MMA           |                    |
| 5.30PM<br>BJJ<br>GI<br>ALL LEVELS | 6.30PM<br>MUAY THAI               | 7.00PM<br>OPEN MAT                   | 6.30PM<br>MUAY THAI               |  |                    |
| 7.00PM<br>OPEN MAT                |                                   |                                      |                                   |  |                    |
|                                   | 6.30PM<br>MMA                     |                                      | 6.30PM<br>MMA                     |  |                    |