

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00AM	Jiu Jitsu (self defense) Basics Kettlebell	Padwork Boxing/ Techniques	Jiu Jitsu (self defense) Basics Kettlebell	Padwork Boxing/ Techniques	Jiu Jitsu (self defense) Basics Kettlebell	
9:00AM						
12:00PM	40+ Jiu Jitsu Jiu Jitsu Rolling	40+ Jiu Jitsu Jiu Jitsu Rolling	40+ Jiu Jitsu Jiu Jitsu Rolling	40+ Jiu Jitsu Jiu Jitsu Rolling	40+ Jiu Jitsu Jiu Jitsu Rolling	
1:00PM						BJJ Rolling 10am-12pm Good Fellas BJJ (40+) 12pm-1pm
4:00PM		Kids Jiu Jitsu		Kids Jiu Jitsu		
5:00PM	Kids Kickboxing Teen Self Defense	Kids Jiu Jitsu Kettlebell	Kids Kickboxing Teen Self Defense	Kids Jiu Jitsu Kettlebell	Teen Self Defense	
5:30PM					Mobility	
6:00PM	Wrestling or No Gi Muay Thai/Kickboxing Beginner/Advanced Class	Jiu Jitsu (beginners) Boxing	Muay Thai/Kickboxing Beginner/Advanced Class	Jiu Jitsu (beginners) Boxing	Boxing Muay Thai/Kickboxing Beginner/Advanced Class	
7:00PM	No Gi	Advanced Jiu Jitsu 7:00-8:30	No Gi	Advanced Jiu Jitsu 7:00-8:30	No Gi	

Kids Classes are 10 and under

Teen Classes 11 - 14

Jiu Jitsu rolling does not include instruction

All classes run 1 hour unless otherwise specified
Showers available for morning and noon classes only

A L F A L O H A N Y
374 MMA
EXISTENCE BEYOND DEFINITION

