

# OCTAGON

## CLASS SCHEDULE

### Monday

6:00am - 7:00am	MMA Fundamentals
12:00pm - 1:00pm	BJJ (Gi) - All Levels
4:30pm - 5:15pm	Kids BJJ (Gi)
5:15pm - 6:00pm	Yoga for Flexibility
6:00pm - 7:00pm	BJJ (Gi) - All Levels
6:00pm - 7:00pm	Kickboxing
7:00pm - 8:00pm	BJJ (Gi) - Fundamentals
7:00pm - 8:00pm	BJJ - Sparring Upper Belts Only
7:00pm - 8:00pm	Muay Thai

### Thursday

5:15am - 6:00am	MMA Fundamentals
6:00am - 7:00am	BJJ (NoGi) - All Levels
12:00pm - 1:00pm	BJJ (NoGi) - All Levels
5:15pm - 6:00pm	Yoga for Flexibility
6:00pm - 7:00pm	BJJ (NoGi) - All Levels
6:00pm - 7:00pm	Kickboxing - Sparring
7:00pm - 8:00pm	BJJ (NoGi) - All Levels
7:00pm - 8:00pm	Kickboxing - Sparring

### Tuesday

5:15am - 6:00am	MMA Fundamentals
6:00am - 7:00am	BJJ (Gi) - Fundamentals
12:00pm - 1:00pm	BJJ (Gi) - All Levels
6:00pm - 7:00pm	BJJ (Gi) - All Levels
6:00pm - 7:00pm	Kickboxing
7:00pm - 8:00pm	BJJ (NoGi) - All Levels
7:00pm - 8:00pm	Muay Thai

### Friday

5:15am - 6:00am	MMA Fundamentals
6:00am - 7:00am	BJJ (Gi) - All Levels
11:00am - 12:00pm	BJJ - Comp. Training - Upper Belts
12:00pm - 1:00pm	BJJ (Gi) - All Levels
6:00pm - 7:00pm	BJJ (Gi) - All Levels

### Wednesday

6:00am - 7:00am	BJJ (Gi) - All Levels
11:00am - 12:00pm	BJJ - Comp. Training - Upper Belts
12:00pm - 1:00pm	BJJ (Gi) - Fundamentals
4:30pm - 5:15pm	Kids BJJ (Gi)
5:15pm - 6:00pm	Yoga for Flexibility
6:00pm - 7:00pm	BJJ (Gi) - All Levels
7:00pm - 8:00pm	BJJ (Gi) - Fundamentals
7:00pm - 8:00pm	BJJ - Sparring Upper Belts Only
6:00pm - 8:00pm	Kickboxing
7:00pm - 8:00pm	Muay Thai

### Saturday

9:15am - 10:00am	Yoga for Flexibility
10:00am - 11:00am	BJJ (Gi) - All Levels
10:00am - 11:00am	Kickboxing
10:00am - 11:00am	MMA Fundamentals
11:00am - 12:00pm	BJJ (Gi) - Fundamentals
11:00am - 12:00pm	BJJ - Sparring Upper Belts Only
11:00am - 12:00pm	Kickboxing

Highlighted classes are open for trials

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