

 @octagonmmadallas

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BJJ SCHEDULE

STRIKING SCHEDULE

Monday

12:00pm	BJJ - All Levels
4:30pm	BJJ - Kids
6:00pm	BJJ - All Levels
7:00pm	BJJ Fundamentals
7:00pm	Competition Class - Blue Belts

Tuesday

6:00am	BJJ Fundamentals
12:00pm	BJJ - All Levels
6:00pm	BJJ - All Levels
7:00pm	BJJ - All Levels (NoGi)

Monday

6:00am	MMA Fundamentals
6:00pm	Muay Thai Fundamentals
7:00pm	Muay Thai - All Levels

Tuesday

5:15am	MMA Fundamentals
6:00pm	Kickboxing
7:00pm	Kickboxing

Wednesday

6:00am	BJJ - All Levels
11:00am	Competition Class - Upper Belts
12:00pm	BJJ Fundamentals
4:30pm	BJJ - Kids
6:00pm	BJJ - All Levels
7:00pm	BJJ Fundamentals
7:00pm	Sparring - Upper Belts

Thursday

6:00am	BJJ - All Levels (NoGi)
12:00pm	BJJ - All Levels (NoGi)
6:00pm	BJJ - All Levels (NoGi)
7:00pm	BJJ - All Levels (NoGi)

Wednesday

5:15am	MMA Fundamentals
6:00pm	Muay Thai Fundamentals
7:00pm	Muay Thai - All Levels

Thursday

5:15am	MMA Fundamentals
6:00pm	Kickboxing
7:00pm	Kickboxing

Friday

6:00am	BJJ - All Levels
11:00am	Competition Class - Upper Belts
12:00pm	BJJ - All Levels
6:00pm	BJJ Fundamentals

Saturday

10:00am	BJJ - All Levels
11:00am	BJJ Fundamentals
11:00am	Sparring - Upper Belts

Friday

5:15am	MMA Fundamentals
6:00pm	Muay Thai Fundamentals

Saturday

10:00am	MMA - All Levels
11:00am	Kickboxing

Yoga

- Mondays & Thursdays at 5:15pm
- Saturdays at 9:15am

Trials

- BJJ - Kids: Mon & Wed at 4:30pm
- BJJ Fundamentals: Mon & Wed at 7:00pm
- BJJ Fundamentals: Sat at 11:00am
- Muay Thai Fundamentals: Mon & Wed at 6:00pm
- Kickboxing - Sat at 11:00am

Highlighted classes are open for trials