



# OCTAGON

## BJJ SCHEDULE

### MONDAY

- 6:00AM BJJ - ALL LEVELS (NO-GI)
- 12:00PM BJJ - ALL LEVELS
- 4:30PM **BJJ - KIDS**
- 6:00PM BJJ - ALL LEVELS
- 7:00PM **BJJ FUNDAMENTALS**

### 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 SPARING - UPPER BELTS

### FRIDAY

- 6:00AM BJJ - ALL LEVELS
- 11:00AM COMPETITION CLASS - UPPER BELTS
- 12:00PM BJJ - ALL LEVELS
- 6:00PM BJJ FUNDAMENTALS

### TUESDAY

- 6:00AM BJJ FUNDAMENTALS
- 12:00PM BJJ - ALL LEVELS
- 6:00PM COMPETITION CLASS - BLUE BELTS
- 7:00PM BJJ - ALL LEVELS (NO-GI)

### THURSDAY

- 6:00AM BJJ - ALL LEVELS (NO-GI)
- 12:00PM BJJ - ALL LEVELS (NO-GI)
- 6:00PM BJJ - ALL LEVELS (NO-GI)
- 7:00PM BJJ - ALL LEVELS (NO-GI)

### SATURDAY

- 10:00AM BJJ - ALL LEVELS
- 11:00AM **BJJ FUNDAMENTALS**
- 11:00AM SPARING - UPPER BELTS

### YOGA

- MONDAYS & THURSDAYS @ 5:15PM*
- SATURDAYS @ 9:15AM*

HIGHLIGHTED CLASSES ARE OPEN FOR TRIALS



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# OCTAGON

## STRIKING SCHEDULE

### MONDAY

- 6:00AM MMA FUNDAMENTALS
- 6:00PM MUAY THAI FUNDAMENTALS
- 7:00PM MUAY THAI ALL LEVELS

### WEDNESDAY

- 6:00PM MUAY THAI FUNDAMENTALS
- 7:00PM MUAY THAI ALL LEVELS

### FRIDAY

- 5:15AM MMA FUNDAMENTALS
- 6:00PM MUAY THAI FUNDAMENTALS
- 7:00PM MUAY THAI ALL LEVELS

### TUESDAY

- 5:15AM MMA FUNDAMENTALS
- 6:00PM MUAY THAI ALL LEVELS
- 7:00PM MUAY THAI ALL LEVELS

### THURSDAY

- 5:15AM MMA FUNDAMENTALS
- 6:00PM MUAY THAI ALL LEVELS
- 7:00PM MUAY THAI ALL LEVELS

### SATURDAY

- 10:00AM MUAY THAI FUNDAMENTALS
- 11:00AM MUAY THAI ALL LEVELS

HIGHLIGHTED CLASSES ARE OPEN FOR TRIALS



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