

THE GARDEN MMA CLASS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
06:00-07:00	NOGI JIU-JITSU		NOGI JIU-JITSU		NOGI JIU-JITSU	
07:00-08:00	MUAY THAI		MUAY THAI		MUAY THAI	
11:00-12:00						WOMEN'S NO-GI CLASS
12:00-13:00		10 MIN ROUNDS OPEN MAT		NOGI JIU-JITSU		GI BJJ ALL LEVELS
16:30-17:00	SEEDS (465Y) JIU-JITSU		SEEDS (465Y) JIU-JITSU		SEEDS (465Y) JIU-JITSU	
16:30-17:15	SPROUTS (6-9Y) JIU-JITSU		SPROUTS (6-9Y) JIU-JITSU		SPROUTS (6-9Y) JIU-JITSU	
17:15-18:00	YOUTHS (10-12Y) JIU-JITSU & MMA		YOUTHS (10-12Y) JIU-JITSU & MMA		YOUTHS (10-12Y) JIU-JITSU & MMA	
17:30-18:30		WOMEN'S SELF DEFENSE		WOMEN'S SELF DEFENSE		
18:00-18:30	** OPEN WORKOUT	** STRENGTH & CONDITIONING LOOP	** OPEN WORKOUT	** STRENGTH & CONDITIONING LOOP	** OPEN WORKOUT	
18:30-19:15	NOGI JIU-JITSU	BJJ GI INTRO	NOGI JIU-JITSU	BJJ GI INTRO	NOGI JIU-JITSU	
19:15-20:15	MUAY THAI	BJJ GI ALL LEVELS	MUAY THAI	BJJ GI ALL LEVELS	MUAY THAI	

SUNDAY

YOGA FOR MMA 10:30-11:45 W/KEREN OR GUEST INSTRUCTOR

OPEN MAT - 12:00 -14:00 FREE OPEN MAT FOR MEMBERS AND NON-MEMBERS (ADULTS)

** SELF GUIDED 15 MIN WARMUP