ROYAL MIXED MARTIAL ARTS

CLASS SCHEDULE

STRIKING ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BOXING 101 12:00 - 1:00PM MARK	OPEN GYM 3:00 - 5:00PM	BOXING 101 12:00 - 1:00PM MARK	OPEN GYM 3:00 - 5:00PM	BOXING 101 12:00 - 1:00PM MARK	MUAY THAI 101 10:00 - 11:00AM BRANDON
OPEN GYM 3:00 - 5:00PM	LITTLE ROLLERS 4:30 - 5:00PM JOE & OLIVIA	TEENS BOXING 4:00 - 5:00PM MARK	LITTLE ROLLERS 4:30 - 5:00PM JOE & OLIVIA	OPEN GYM 3:00 - 5:00PM	BOXING 101 11:00 - 12:00PM MARK
TEENS BOXING 5:00 - 6:00PM MARK	KIDS GI BJJ 5:00 - 6:00PM JOE & OLIVIA	KIDS NO-GI BJJ 5:00 - 6:00PM JOE & OLIVIA	KIDS GI BJJ 5:00 - 6:00PM JOE & OLIVIA	INTRO CLASS 5:00 - 6:00PM	
BOXING 101 6:00 - 7:00PM MATHIAS	ADULT GI BJJ 6:00 - 7:30PM CABANA	BOXING 101 6:00 - 7:00PM MATHIAS	ADULT GI BJJ 6:00 - 7:30PM CABANA	MUAY THAI 6:00 - 7:00PM BRANDON	
MUAY THAI 101 7:00 - 8:00PM MARK	STRIKING 201 7:30 - 8:30PM MARK	OPEN SPARRING 7:00 - 8:00PM MARK	STRIKING 201 7:30 - 8:30PM MARK	OPEN SPARRING 7:00 - 7:30PM MARK	

GRAPPLING ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 3:00 - 5:00PM	OPEN GYM 3:00 - 5:00PM	LITTLE ROLLERS 4:00 - 4:45PM JOE & OLIVIA	OPEN GYM 3:00 - 5:00PM	OPEN GYM 3:00 - 5:00PM	NO-GI BJJ 10:00 - 11:30AM LUIS
KIDS BEGINNER BJJ 5:00 - 6:00PM JOE & OLIVIA	ADULT GI BJJ 5:00 - 6:00PM CABANA	OPEN ROLL 5:00 - 6:00PM	ADULT GI BJJ 5:00 - 6:00PM CABANA	KIDS BEGINNER BJJ 5:00 - 6:00PM JOE & OLIVIA	OPEN ROLL 11:30 - 12:00PM
ADULT GI BJJ 6:00 - 7:30PM APOLLO	KIDS COMP. TEAM SPAR 6:00 - 6:30PM JOE & OLIVIA	WRESTLING & MMA 6:00 - 7:00PM JOE	INTRO CLASS 6:00 - 7:00PM	ADULT GI BJJ 6:00 - 7:30PM APOLLO	
OPEN ROLL 7:30 - 8:00PM	OPEN ROLL 7:30 - 8:30PM	NO-GI BJJ 7:00 - 8:30PM LUIS	OPEN ROLL 7:30 - 8:30PM	CLOSED	

CLASS KEY

LITTLES	YOUTH	TEENS	STRIKING/OPEN GYM	GRAPPLING	ADVANCED	INTROS
AGES 4 - 6	AGES 7 - 12	AGES 13 - 17			COACH APPROVAL REQUIRED	PRE-REGISTRATION REQUIRED