



# YOUTH MARTIAL ARTS SCHEDULE

EFFECTIVE JANUARY 1ST, 2022

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YOUTH JIU-JITSU</b> (Ages 4-6, 7-11)	4-6 Mat 1 4:15 PM - 5 PM  7-12 Mat 2 4:15 PM - 5 PM	No Class	4-6 Mat 1 4:15 PM - 5 PM  7-12 Mat 2 4:15 PM - 5 PM	No Class	4-6 Mat 1 4:15 PM - 5 PM  7-12 Mat 2 4:15 PM - 5 PM	No Class	CLOSED
<b>YOUTH MMA</b> (Ages 10+)	(Ages 10+) 6 PM - 6:45 PM	No Class	(Ages 10+) 6 PM - 6:45 PM	No Class	(Ages 10+) 6 PM - 6:45 PM	No Class	CLOSED

*\*This schedule may be subject to change\**

Must have Clean Uniform  
Please have good hygiene  
Please bring gym flip flops/sliders

Parents can watch class live via "Sporfie"  
live stream app.

Parents cannot disrupt class  
(watch on app or in lobby)

Questions?  
Review your student Handbook

"RSVP" to Coach  (720)827-7087

Youth MMA must bring Gloves and Shinguards  
Youth BJJ must have Apex Gi

