



# DENVER

# MARTIAL ARTS SCHEDULE

EFFECTIVE SEPTEMBER 1ST, 2023

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MUAY THAI</b> <b>KICKBOXING</b>	6 AM - 7 AM (All) 9 AM - 10 AM (All)	9 AM - 10 AM (All) <i>Drilling Class</i> 5 PM - 6 PM	6 AM - 7 AM (All) 9 AM - 10 AM (All)	9 AM - 10 AM (All) <i>Drilling Class</i> 5 PM - 6 PM	6 AM - 7 AM (All) 9 AM - 10 AM (All)	<i>Drilling Class</i> 11 AM - Noon	<b>CLOSED</b>
	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) 7 PM - 8:30 PM (Adv)	6 PM - 7 PM (B) 7 PM - 8 PM (Adv)	<b>Sparring @ Noon</b> (6 months training required)	
<b>WOMEN'S</b> <b>CARDIO</b> <b>KICKBOXING</b>	5:15 AM - 6 PM	No Class	No Class	No Class	5:15 AM - 6 PM	No Class	9 PM - 9:45 AM
<b>BRAZILIAN</b> <b>JIU JITSU</b>	No Class	<i>Morning BJJ (All)</i> 6AM - 7AM  <i>BJJ (All)</i> 5 PM - 6 PM	No Class	<i>Morning BJJ (All)</i> 6AM - 7AM  <i>BJJ (All)</i> 5 PM - 6 PM	No Class	<i>BJJ (All)</i> 11AM - Noon  Alternating Gi and NoGi - Bring Both	<b>CLOSED</b>
<b>MMA</b> (Mixed Martial Arts)	<b>Wrestling</b> 7 PM - 8 PM	<b>MMA</b> 7 PM - 8 PM	<b>Wrestling</b> 7 PM - 8 PM	<b>MMA</b> 7 PM - 8 PM	No Class	No Class	<b>CLOSED</b>
<b>YOGA</b>	7 AM - 8 AM	No Class	7 AM - 8 AM	No Class	No Class	No Class	<b>CLOSED</b>
<b>YOUTH</b> <b>MUAY THAI</b> <b>KICKBOXING</b> Ages (6-9) (10-13+)	<i>Ages 6 - 9</i> 4:15 PM - 5 PM  <i>Ages 10 - 13+</i> 5 PM - 6 PM	No Class	<i>Ages 6 - 9</i> 4:15 PM - 5 PM  <i>Ages 10 - 13+</i> 5 PM - 6 PM	No Class	<i>Ages 6 - 9</i> 4:15 PM - 5 PM  <i>Ages 10 - 13+</i> 5 PM - 6 PM	No Class	<b>CLOSED</b>

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

(B) = Beginners = White Belts  
(Int/Adv) = Advanced = Yellow Belts and above  
Drilling Class = Yellow Belts and Above

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

Sparring REQUIRES 6 months of training  
Questions?  
Review your student Handbook

Questions? Call Coach Ty (720) 762-9549

