



SCHEDULE

Times can change without notice. Please visit our website for the most updated schedule information: www.foxvalleygrapplingclub.com

For your first class, please come 10-15 minutes early with your photo ID and comfortable athletic clothes. A mouth guard is required for Kickboxing.

Monday

Private lessons (by appointment only) 4-5:15PM
 Mighty Maiden Women's Class 5:15-6:15PM
 Brazilian Jiu-jitsu (**Advanced Gi**) 6:15-8PM

Tuesday

Brazilian Jiu-jitsu (**All belt Gi**) 9-10:30AM

Kids Program 4-4:45PM
 Boxing 5-6:15PM
 Brazilian Jiu-jitsu (**Beginner Gi**) 6:15-7:30pm
 Fight Fit 7:30-8:15PM
 Judo/Wrestling 7:30-8:30PM

Wednesday

Brazilian Jiu-jitsu (**Beginner No Gi**) 9-10:30AM
 Open Mat 10:30-11:30AM
 Brazilian Jiu-jitsu (**All Belts Gi**) 11:30-1PM

Private lessons (by appointment only) 4-5:15PM
 Kickboxing Fundamentals 5:15-6:15PM
 Brazilian Jiu-jitsu (**Advanced Gi**) 6:15-8PM

Thursday

Brazilian Jiu-jitsu (**All belt Gi**) 9-10:30AM

Kids Program 4-4:45PM
 Muay Thai Kickboxing 5-6:15PM
 Brazilian Jiu-jitsu (**Beginner Gi**) 6:15-7:30pm
 Fight Fit 7:30-8:15PM

Friday

Brazilian Jiu-jitsu (**Beginner No Gi**) 9-10:30AM
 Open Mat 10:30-11:30AM
 Brazilian Jiu-jitsu (**Advanced Gi**) 11:30-1PM

Brazilian Jiu-jitsu (**Beginner No Gi**) 6:15-7:30PM
 Muay Thai Kickboxing 7:30-9PM

Saturday

Kickboxing Fundamentals 8:45 - 9:30AM
 Kids Program 10-10:45AM
 Brazilian Jiu-jitsu (**All belts**) 11-12PM
 Open Roll (5 minute matches) 12-1PM

***Advanced BJJ is for BLUE BELT AND ABOVE ONLY unless given explicit permission by James**