

# NEW CLASS SCHEDULES

## NEW ADULT SCHEDULE

The schedule shows classes for both Mat 1 & Mat 2.

### MAT 1 - MAIN MAT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mat #1	<b>5:30 - 6:30pm</b> <b>Mixed Martial Arts</b> Paul MMA training following Erik Paulson's World Class Curriculum #Striking, #Throwing #Submitting Uniform: Shorts/Leggings & T-shirt	<b>6 - 7:30pm</b> <b>Muay Thai Kickboxing</b> Matt Train the hands, kicks, knees and elbows of Muay Thai Kickboxing #ThaiPads #Sparring Uniform: Thai Shorts and T-Shirt	<b>6 - 7pm</b> <b>Muay Thai Kickboxing</b> Bill Train your kickboxing in this class focus on footwork and striking #ThaiPads #Cinch, #Drilling Uniform: Thai Shorts and T-Shirt	<b>6 - 7:30pm</b> <b>Brazilian Jiu Jitsu</b> Peter BJJ training positions, submissions and takedowns using drills and rolling #CoreClass, #Drilling #Techniques, #Rolling Uniform: Gi or Training suit	<b>6 - 7pm</b> <b>BJJ No Gi</b> Paul No Gi BJJ training #NoGiSubs #Rolling Uniform: Shorts/Leggings & T-shirt	<b>11 - Noon</b> <b>Mixed Martial Arts</b> Leigh/Bill/Chris MMA training following Erik Paulson's World Class Curriculum #Striking, #Throwing #Submitting Uniform: Shorts/Leggings & T-shirt	<b>11:30am - 1pm</b> <b>Brazilian Jiu Jitsu</b> Matt In this class you will train BJJ in the gi or training suit #Techniques, #Drills #Rolling Uniform: Gi or Training suit
Mat #1	<b>6:30 - 8pm</b> <b>Brazilian Jiu Jitsu</b> Peter BJJ training positions, submissions and takedowns using drills and rolling #CoreClass, #Drilling #Techniques, #Rolling Uniform: Gi or Training suit	<b>7:30 - 8:30pm</b> <b>Kickboxing</b> Chris Bruce Lee's authentic kickboxing style crossed with Erik Paulson's STX #FocusPads #Trapping Uniform: Shorts/Leggings & T-shirt	<b>7 - 8pm</b> <b>Filipino Martial Arts</b> Bill Learn weapon and empty hand Filipino martial arts. #Kali #Escrima #Inosanto #DoubleStick #Knife Uniform: Shorts/leggings and T-Shirt	<b>7:30 - 8:30pm</b> <b>Muay Thai Sparring</b> Leigh In this class we spar in Thai Boxing. Various sparring drills and full sparring #Sparring #AllLevels Uniform: Thai Shorts and T-Shirt		<b>Noon - 2pm</b> <b>Brazilian Jiu Jitsu</b> Peter BJJ training positions, submissions and takedowns using drills and rolling #CoreClass, #Drilling #Rolling, #Gi&NoGi Uniform: Gi or Training suit	<b>1 - 2:30pm</b> <b>Filipino Martial Arts</b> Leigh/Chris/Bill Learn weapon and empty hand Filipino martial arts. #Kali #Escrima #Inosanto #Sticks #EmptyHands Uniform: Shorts/leggings and T-Shirt
Mat #1						<b>2 - 3pm</b> <b>Filipino Martial Arts</b> Leigh/Bill/Chris Learn weapon and empty hand Filipino martial arts. #Kali #Escrima #Inosanto #SingleStick #DoubleStick Uniform: Shorts/leggings and T-Shirt	

### MAT 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Mat #2	<b>6:30 - 8pm</b> <b>(Potential) Dirty Boxing</b> Leigh Empty hands training using the Filipino Martial Arts & STX #PadWork #1-2-1 Drills, #Sparring Uniform: Shorts/Leggings & T-shirt	<b>6 - 7:30pm</b> <b>BJJ No Gi</b> Scotty No Gi BJJ training #NoGiSubs #Rolling Uniform: Shorts/Leggings & T-shirt	<b>6:30 - 8pm</b> <b>Brazilian Jiu Jitsu</b> Ben BJJ training positions, submissions and takedowns using drills and rolling #Techniques #Rolling Uniform: Gi or Training suit	<b>7:30 - 8:30pm</b> <b>Mixed Martial Arts</b> Paul MMA training following Erik Paulson's World Class Curriculum #Takedowns Uniform: Shorts/Leggings & T-shirt	<b>6 - 7pm</b> <b>Kickboxing</b> Leigh/Tuki Bruce Lee's authentic kickboxing style crossed with Erik Paulson's STX #1-2-1Drills #Sparring Uniform: Shorts/Leggings & T-shirt			<b>11:30 am - 1pm</b> <b>Muay Thai Sparring</b> Chris/Bill In this class we spar in Thai Boxing. Various sparring drills and full sparring #Sparring #AllLevels Uniform: Thai Shorts and T-Shirt
Mat #2	<b>8 - 9pm</b> <b>Filipino Martial Arts</b> John Grewar Learn weapon and empty hand Filipino martial arts. #Kali #Escrima #Inosanto #SingleStick #StickKnife Uniform: Shorts/leggings and T-Shirt							

## NEW JUNIORS SCHEDULE

The new schedule has more BJJ (4 classes a week) and a new Kickboxing class for teens. MMA for teens is now on and more classes are expected as the new Academy ramps up.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Mat #1	<b>5 - 5:45pm</b> <b>Junior BJJ</b> Phil BJJ training positions, submissions and takedowns using drills and rolling #Drilling #Techniques, #Rolling Uniform: Gi or Training suit	<b>5 - 6pm</b> <b>Teens Kickboxing</b> Leigh/Chris Following super coach Erik Paulson's STX curriculum the Teens will learn Kickboxing #Drills, #1-2-1 Drills #Games, #Fun Uniform: Thai Shorts and T-Shirt	<b>4:15 - 5pm</b> <b>Tiny Thais</b> Tuki Through drills and games the Tinsy learn the beginnings of Thai Boxing #Drills #Games, #Fun Uniform: Thai Shorts and T-Shirt	<b>5 - 6pm</b> <b>Junior BJJ</b> Phil BJJ training positions, submissions and takedowns using drills and rolling #Drilling #Techniques, #Rolling Uniform: Gi or Training suit			<b>10 - 11am</b> <b>Thai Kids &amp; Thai Teens</b> Scott A bit more serious but still fun, drills & games teach the elements of Thai Boxing #Drills, Discipline #Fun, #Games Uniform: Thai Shorts and T-Shirt	<b>10:30 - 11:15am</b> <b>Tiny Thais</b> Tuki Through drills and games the Tinsy learn the beginnings of Thai Boxing #Drills #Games, #Fun Uniform: Thai Shorts and T-Shirt
Mat #1	<b>5:45 - 6:30pm</b> <b>Teens MMA</b> Paul MMA training following Erik Paulson's World Class Curriculum #Drills #Games, #Fun Uniform: Thai Shorts and T-Shirt	<b>6 - 7:30pm</b> <b>BJJ No Gi (Teens)</b> Scotty No Gi BJJ training #NoGiSubs #Rolling Uniform: Shorts/Leggings & T-shirt	<b>5 - 6pm</b> <b>Thai Kids &amp; Thai Teens</b> Tuki A bit more serious but still fun, drills & games teach the elements of Thai Boxing #Drills, Discipline #Fun, #Games Uniform: Thai Shorts and T-Shirt				<b>11 - Noon</b> <b>Junior BJJ</b> Scott BJJ training positions, submissions and takedowns using drills and rolling #Drilling #Techniques, #Rolling Uniform: Gi or Training suit	
Mat #1								