



3511 Cottman Avenue
 Philadelphia, PA 19149
 215.613.8360

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6am - 7am BJJ All Levels		6am - 7am BJJ All Levels			
						10am - 10:45am Kids No-Gi BJJ Ages 5-8
11am - 12pm Woman's Kickboxing	11am - 12pm Muay Thai	11am - 12pm BJJ All Levels	11am - 12pm No-Gi BJJ	11am - 12pm BJJ All Levels	11am - 12pm Muay Thai	11am - 11:45am Kids No-Gi BJJ Ages 9-14
12pm - 1pm Open Mat						12pm - 1pm BJJ All Levels
	5pm - 5:45pm Kids BJJ Ages 5 - 8	5pm - 6pm Woman's Kickboxing	5pm - 5:45pm Kids BJJ Ages 5 - 8	5pm - 6pm Woman's Kickboxing	5pm - 5:45pm Kids BJJ Ages 5 - 8	
	6pm - 6:45pm Kids BJJ Ages 9 - 14	6:30am - 7:30pm BJJ All Levels	6pm - 6:45pm Kids BJJ Ages 9 - 14	6:30am - 7:30pm BJJ All Levels	6pm - 6:45pm Kids BJJ Ages 9 - 14	
	7pm - 8pm BJJ No-Gi (Mat 1) Muay Thai (Mat 2)		7pm - 8pm BJJ (Mat 1) Muay Thai (Mat 2)		7pm - 8pm Muay Thai	
	8pm - 9pm MMA		8pm - 9pm BJJ No-Gi (Mat 1) MMA (Mat 2)			