



# Adult/Teen Schedule

1930 S. E St San Bernardino CA 92408

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<b><u>Muay Thai</u></b>	<b><u>Novice</u></b> *Mondays & Wednesdays 5pm-6pm & 7pm-8pm *Tuesdays & Thursdays 4pm-5pm ADAM	<b><u>Intermediate/Advanced</u></b> Monday-Thursday 6pm-7pm  ADAM	<b><u>Open Muay Thai</u></b> Fridays 5pm-6pm  ADAM
<b><u>Brazilian Jiu-Jitsu</u></b>	<b>Tuesdays &amp; Thursdays</b>		
	<b>All Levels</b> <u>Gi</u> 6pm-7pm Jose		<b>All Levels</b> <u>No-Gi</u> 7pm-8pm Jose
<b><u>Boxing</u></b>	<b>Monday, Tuesday, &amp; Thursday</b> <b><u>Beginners</u></b> 5:45pm-6:30pm David	<b><u>Intermediate/Advanced</u></b> 6:30pm-7:15pm David	<b>* Wednesday</b> <b>* Boxing Conditioning</b> 5:45-6:30pm <b>All Levels</b> David
<b><u>Shotokan Karate</u></b>	<b>Mondays, Tuesdays, &amp; Thursdays</b> <b><u>All Levels</u></b> 7pm-8pm Arturo		
<b><u>Judo</u></b>	<b>Tuesday &amp; Thursday</b> <b><u>All Levels</u></b> 6pm-7pm Jesse		

Ask about our Free Trial!

\* All classes/instructors are subject to change without notice. ALL STUDENTS ARE LIMITED TO ONE CLASS PER PROGRAM PER DAY

**Hours: Monday-Thursday 1pm-8pm /Friday 1pm-7pm/Saturday 9am-12pm**