



Kid's Schedule 1930 S. E St San Bernardino CA 92408

TEL:(909) 422-0648 Web:www.adrenalinefc.com FB:www.facebook.com/adrenalinefc

<u>Wrestling</u>	Monday, Wednesday and * Fridays all Levels at 4PM <u>Intro Wrestling</u> <u>Beginners</u> <u>Intermediate</u> <u>Advanced</u> <u>*Friday Wrestling</u> 5pm-6pm 4pm-5pm 5pm-6pm 5:30pm-7:30pm 4pm-5pm Josh Josh Jeff Elliot Josh				
<u>Muay Thai</u>	Tuesdays & Thursdays <u>Beginners</u> * ages 8+ <u>Intermediate</u> <u>Beginners</u> *ages 4-7 4pm – 5pm 5pm-6pm 5pm-5:45pm Chris Adam				
<u>Boxing</u>	Monday - Thursday <u>Youth</u> * Ages 7-9 4:15 – 5:00pm Paco		Monday – Thursday <u>Beginners</u> *Ages 10-14 5:00pm-5:45pm David		
<u>Brazilian Jiu-Jitsu</u>	Tuesdays & Thursdays All Levels All Levels <u>No-Gi</u> <u>Gi</u> 4pm-5pm 5pm-6pm Jose Jose				
<u>Shotokan Karate</u>	Mondays, Tuesdays, & Thursdays <u>Beginners</u> <u>Intermediate</u> <u>Advanced</u> 5:30pm-6:15pm 6:15pm-7pm 7:00pm-8:00pm Arturo Arturo Arturo				
<u>Judo</u>	Tuesdays & Thursdays *Ages 8+ <u>All Levels</u> 6pm-7pm Jesse				
<u>MMA</u>	Mondays & Wednesdays *Must be 7 years or older & <u>All Levels</u> participating in Muay Thai & BJJ 4pm-5pm Chris				

Hours: Mon-Thurs 1pm-8pm/Fridays 1pm-7pm/ Saturdays 9am-12pm

*Classes/instructors are subject to change without notice. Limit of one class per program per day per student

