


HYBRID NATION SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30-07:30 AM		Jiu Jitsu (Intermediate rolls)		Jiu Jitsu (Intermediate Rolls)			BIRTHDAY/ NINJA PARTY RENTAL
08:00-09:00 AM	Private sessions	Private sessions	Private sessions	Private sessions	Private sessions	OPEN MAT	
10:00-11:00 AM	Private sessions	Private sessions	Private sessions	Private sessions	Private sessions	Mixed Martial Arts	
11:00-12:00 AM	Private sessions	Private sessions	Private sessions	Private sessions	Private sessions	BIRTHDAY/ NINJA PARTY RENTAL	
12:00-1:00 PM	Private sessions	Private sessions	Jiu Jitsu (Fundamental)	Private sessions	Jiu Jitsu (Fundamental)		
1:00-2:00 PM	Private sessions	Private sessions	Private sessions	Private sessions	Private sessions		
2:00-3:00 PM	Private sessions	Private sessions	Private sessions	Private sessions	Private sessions		
3:00-4:45 PM	Private sessions	Private sessions	Private sessions	Private sessions	Private sessions		
4:45-5:40 PM	Kids Wrestling / Jiu Jitsu (Ages 4-12)	Kids Striking (Ages 4-12)	Kids Jiu Jitsu (Ages 4-12)	Kids Striking (Ages 4-12)	Kids MMA (Ages 4-12)		
5:45-7:00 PM	Jiu Jitsu (Fundamental)	Striking	Jiu Jitsu (Fundamental)	Striking	Jiu Jitsu (Advanced)		
7:00-8:00 PM		Boxing	Wrestling	Boxing	Mixed Martial Arts		

IN JIU JITSU, WE ALTERNATE WEEKLY BETWEEN TRAINING IN GI AND NO-GI.