



## HYBRID NATION SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00	Fundamental Grappling GI	Striking	Grappling NO-GI	Striking & Mixed Martial Arts	Advanced Grappling NO-GI	Open Mat	
10:00							
11:00							
12:00							
13:00							
14:00							
15:00							
16:00							
16:45	Kids Martial Arts	Kids Martial Arts	Kids Martial Arts	Kids Martial Arts	Ninja Kids Class		Open Mat
17:45	Fundamental Grappling GI	Striking	Grappling NO-GI	Striking	Advanced Grappling NO-GI		
19:00	BAILETON Full body dance workout	BAILETON Full body dance workout	Mixed Martial Arts	BAILETON Full body dance workout	Mixed Martial Arts		
20:00							

**OUR GI CLASSES ARE EVERY MONDAY**

**BAILETON CLASSES ARE NOT INCLUDED IN THE MEMBERSHIP. THE COVER IS \$10 PER CLASS AND \$70 MONTHLY.**