


## HYBRID NATION SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30-07:30 AM		Zombie Marathon Rolls (Intermediate)		Zombie Marathon Rolls (Intermediate)		OPEN MAT	BIRTHDAY/ NINJA PARTY RENTAL
08:00-09:00 AM		Striking		Mixed Martial Arts			
10:00-11:00 AM	Striking		Striking		Sparring	Mixed Martial Arts	
11:00-12:00 AM	Jiu Jitsu GI (Fundamental)		Jiu Jitsu NO-GI (Fundamental)		Jiu Jitsu NO-GI (LegLocks/ Advanced)	BIRTHDAY/ NINJA PARTY RENTAL	
12:00-4:45 PM							
4:45-5:40 PM	Kids Martial Arts (Ages 4-12)	Kids Martial Arts (Ages 4-12)	Kids Martial Arts (Ages 4-12)	Kids Martial Arts (Ages 4-12)	Ninja Kids Class (Ages 4-12)		
5:45-7:00 PM	Jiu Jitsu GI (Fundamental)	Striking	Jiu Jitsu NO-GI (Fundamental)	Striking	Jiu Jitsu NO-GI (Advanced)		
7:00-8:00 PM	Jiu Jitsu Rolls		Wrestling		Mixed Martial Arts		

**OUR JIU JITSU GI CLASSES ARE EVERY MONDAY**