


## HYBRID NATION SCHEDULE

 MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>06:30</b>		Zombie Marathon Rolls (Intermediate)		Zombie Marathon Rolls (Intermediate)		OPEN MAT
<b>08:00</b>	Jiu Jitsu GI (Fundamental)	Striking	Jiu Jitsu NO-GI (Fundamental)	Mixed Martial Arts	Jiu Jitsu NO-GI (Advanced)	
<b>09:00</b>	Striking		Striking		Women only self-dense	
<b>12:00</b>					BIRTHDAY/ NINJA PARTY RENTAL	BIRTHDAY/ NINJA PARTY RENTAL
<b>16:00</b>	Baby ninjas (Ages 2-5)	Baby ninjas (Ages 2-5)	Baby ninjas (Ages 2-5)	Baby ninjas (Ages 2-5)	Baby ninjas (Ages 2-5)	
<b>16:45</b>	Kids Martial Arts (Ages 6-12)	Kids Martial Arts (Ages 6-12)	Kids Martial Arts (Ages 6-12)	Kids Martial Arts (Ages 6-12)	Ninja Kids Class (Ages 6-12)	
<b>17:45</b>	Jiu Jitsu GI (Fundamental)	Striking	Jiu Jitsu NO-GI (Fundamental)	Striking	Jiu Jitsu NO-GI (Advanced)	
<b>19:00</b>	Women only BJJ (Fundamental)	Baileton class Full body dance workout	Women only BJJ Fundamental	Mixed Martial Arts	Baileton class Full body dance workout	Mixed Martial Arts
<b>20:00</b>					CHAMPION ROUNDS FIGHT TEAM TRAINING	

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

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