


# HYBRID NATION SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30		Zombie Marathon Rolls		Zombie Marathon Rolls			
09:00	Fundamental Grappling NO-GI	Striking	Grappling NO-GI	Striking & Mixed Martial Arts	Advanced Grappling NO-GI	9:00 Ninja Kids Class	
10:00				Grappling NO-GI		Striking & Mixed Martial Arts	
11:00						Open Mat	
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 NO-GI	Striking	Grappling NO-GI	Striking	Advanced Grappling NO-GI		
19:00			Mixed Martial Arts		Mixed Martial Arts		
19:30	Yoga Stretch						
20:00						Professional training (Invitation only)	
20:30							

**OUR GI CLASSES ARE THE FIRST AND LAST MONDAYS OF EVERY MONTH.**