


# HYBRID NATION SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30-07:30		Zombie Marathon Rolls (Intermediate)		Zombie Marathon Rolls (Intermediate)		OPEN MAT	OPEN MAT
08:00-09:00		Striking		Mixed Martial Arts			
10:00-11:00	Striking		Striking			BIRTHDAY/ NINJA PARTY RENTAL	BIRTHDAY/ NINJA PARTY RENTAL
11:00-12:00	Jiu Jitsu GI (Fundamental)		Jiu Jitsu NO-GI (Fundamental)		Jiu Jitsu NO-GI (LegLocks/Advanced)		
12:00:1:00					Women only self-dense		
16:45-17:40	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)		
17:45-19:00	Jiu Jitsu GI (Fundamental)	Striking	Jiu Jitsu NO-GI (Fundamental)	Striking	Jiu Jitsu NO-GI (Advanced)		
19:00-20:00	Jiu Jitsu Rolls	Baileton* class Full body dance workout (19:15 - 20:15)	Jiu Jitsu Rolls	Mixed Martial Arts	Baileton* class Full body dance workout (19:15 - 20:15)	Mixed Martial Arts	
20:00-21:00						CHAMPION ROUNDS FIGHT TEAM TRAINING	

OUR JIU JITSU GI CLASSES ARE EVERY MONDAY

\*BAILETON CLASSES ARE NOT INCLUDED IN THE MEMBERSHIP. THE COVER IS \$10 PER CLASS OR \$80 per 10 CLASSES.