



12044 Dunia Rd Ste. D Victorville, Ca 92392 (760)669-0926

	Monday	Tuesday	Wednesday	Thursday
Kids Beginner				
3:30-4:15pm	Grappling & Wrestling	MMA Striking & Wrestling	Brazilian Jiu Jitsu *Gi	Privates Available "By Appt Only"
Intermediate- Advanced Ages 8-12				
3:30-4:15pm			Advanced Kids Only "Flow Fighters"	
4:15-5:05pm	Grappling & Wrestling	MMA Striking & Wrestling	Brazilian Jiu Jitsu *Gi	Advanced Kids Only "Flow Fighters"
Intermediate-Advanced Ages 4-7				
5:10-6:00pm	Grappling & Wrestling	MMA Striking & Wrestling	Brazilian Jiu Jitsu *Gi	Advanced Kids Only "Flow Fighters"
Teen-Adult				
6:15-7:15pm	Jiu Jitsu Gi	MMA Striking & Technique	Jiu Jitsu No Gi	MMA Striking & Technique
7:15-8:15pm	MMA Striking & Technique	Jiu Jitsu No Gi	MMA Striking & Technique	Jiu Jitsu Gi
8:15-9:00pm		MMA Striking & Technique Pro Class	Jiu Jitsu No Gi Pro Class	