



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

	Monday	Tuesday	Wednesday	Thursday
Kids Beginner-Ages 5-12				Lil Ninja's-Age 4
3:45-4:30pm	Grappling & Wrestling	MMA Striking & Technique	Brazilian Jiu Jitsu *Gi	3:45pm-4:15pm
Intermediate- Advanced Ages 8-12				Competition/Advanced Kids Only
4:35-5:30pm	Grappling & Wrestling	MMA Striking & Technique	Brazilian Jiu Jitsu *Gi	4:30pm-5:30pm "Flow Fighters"
Intermediate-Advanced Ages 5-7				TBA
5:35-6:30pm	Grappling & Wrestling	MMA Striking & Technique	Brazilian Jiu Jitsu *Gi	
Teen-Adult				
6:35-7:35pm	Jiu Jitsu Gi	MMA Striking & Technique	Jiu Jitsu No Gi	Jiu Jitsu Gi
7:35-8:35pm	MMA Striking & Technique	Jiu Jitsu No Gi	MMA Striking & Technique	MMA Striking & Technique

Friday/Saturday/Sunday Available for Private Training

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