

THE FORGE MARTIAL ARTS ACADEMY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM		JUIJITSU MOVEMENTS 60 MIN		JUIJITSU MOVEMENTS 60 MIN		YOGA 60 MIN
9:00 AM						
10:00 AM						BJJ OPEN MAT 2HR
4:15 PM						
4:30 PM	TEENS 12-17 60 MIN	LITTLE NINJAS 3-6 45 MIN	TEENS 12-17 60 MIN	LITTLE NINJAS 3-6 45 MIN		
4:45 PM						
5:00 PM						
5:15 PM		YOUTH 7-13 60 MIN		YOUTH 7-13 60 MIN		
5:30 PM						
5:45 PM	ADULT BJJ 60 MIN		ADULT BJJ 60 MIN			
6:00 PM						
6:15 PM						
6:30 PM		KICK-BOXING 60 MIN		KICK-BOXING 60 MIN		
6:45 PM	BJJ ROLLING 30 MIN		BJJ ROLLING 30 MIN			
7:30 PM						