

THE FORGE MARTIAL ARTS ACADEMY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



FORGE MARTIAL ARTS

Carlson Gracie Team

4:30 PM

YOUTH
BOXING

8-15

60 MIN

LITTLE
NINJAS
3-6

45MIN

YOUTH
BOXING

8-15

60 MIN

LITTLE
NINJAS
3-6

45MIN

STUDENT
OPEN
MAT

2HR

TIME
DEPENDANT

5:30 PM

LITTLE
NINJAS
3-6

45MIN

YOUTH
BJJ

7-15

60 MIN

LITTLE
NINJAS
3-6

45MIN

YOUTH
BJJ

7-15

60 MIN

6:15 PM

ADULT
BJJ

60 MIN

ADULT
BJJ

60 MIN

JIUJITSU
MOVEMENTS
&
BJJ YOGA

45 MIN

6:30 PM

60 MIN

STRIKING

SELF-
DEFENSE

1.25 HR

60 MIN

STRIKING

SELF-
DEFENSE

1.25 HR

7:15 PM

JIUJITSU
MOVEMENTS

30 MIN

JIUJITSU
YOGA

30 MIN