



PINECREST

- Adults BJJ
All Levels
- Youth BJJ
10-15 Years old
- Kids Fundamentals
6-9 Years old
- Toddlers BJJ
3-5 Years old
- Adults Muay Thai
All levels
- Kids Muay Thai
7-14 years old

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7h00 AM		ADULTS JIU JITSU		ADULTS JIU JITSU		ADULTS JIU JITSU	
7h00 AM			ADULTS MUAY THAI		ADULTS MUAY THAI		
8h00 AM							
8h45 AM							
9h15 AM							ADULTS MUAY THAI
09h45 AM							TODDLERS BJJ
10h00 AM							KIDS FUNDAMENTALS
10h15 AM							KIDS MUAY THAI
10h30 AM							KIDS ADVANCED
11h00 AM							
11h30 AM							
12h00 PM							
12h00 PM							
4h00 PM		TODDLERS BJJ		TODDLERS BJJ		TODDLERS BJJ	
5:00PM			KIDS MUAY THAI		KIDS MUAY THAI		
5:00 PM		KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	KIDS FUNDAMENTALS	
5h45 PM		YOUTH BJJ		YOUTH BJJ		YOUTH BJJ	
6h00 PM			ADULTS MUAY THAI		ADULTS MUAY THAI		
6h30 PM		ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	ADULTS JIU JITSU	
7h00 PM							
7h 30PM							
8h 15PM							