

# INSIGHT BJJ (HQ) SCHEDULE

Mon	Tue	Wed	Thu	Fri	Sat	Sun
5am - 6am BJJ GI		5am - 6am BJJ GI		5am - 6am BJJ GI		
12pm - 1 Muay Thai	12pm - 1 BJJ GI	12pm - 1 Muay Thai	12pm - 1 Nogi Grappling		10am – 11am Striking	
	2:00pm - 3:00pm Homeschool Kids BJJ		2:00pm - 3:00pm Homeschool Kids Nogi		Noon - 1pm Women's Only	
			4:30pm - 5:30pm Kids Thai Boxing		1:15pm - 2:15pm Kids Thai Boxing	
5:30pm - 6:30pm Kids BJJ	5:30pm - 6:30pm BJJ GI Fundamentals	5:30pm - 6:30pm Kids Nogi BJJ	5:30pm - 6:30pm BJJ GI Fundamentals	5:30pm - 6:30pm Kids Competition BJJ		
6:30pm - 8:00pm BJJ GI	6:30pm - 8:00pm Nogi Grappling	6:30pm - 8:00pm BJJ GI	6:30pm - 8:00pm Nogi Grappling	6:30 - 8:00pm Open Mat		3:00pm - 4:30pm Judo
	8pm - 9pm Muay Thai	8pm - 9pm MMA	8pm - 9pm Muay Thai			

Try a FREE WEEK!

**512-718-2539**