



Pasadena

Adult BJJ & Wrestling

Yog

Kids BJJ & Kickboxing

Boxing & Kickboxing

Fight Fit & ABC's

*ABC's (Abs, Booty, Core)

**Class is ONLINE only (zoom/facebook)*

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------------|---------------------------|---------------------------------|---------------------------|----------------------------------|----------------------------|
| | 5-6am FF w/Jess | 5-5:45pm Kids BJJ w/VJ | 5-6am FF w/Jess | 5-5:45pm Kids BJJ w/VJ | 5-6am FF w/Jess | 9-10am Boxing w/Wayde |
| | 6-7am All-levels BJJ w/Gil | 6-7pm FF w/Ana | 6-7am All-levels BJJ w/Gil | 6-7pm FF w/Ana | *3:30-4pm ABC's w/Ana | 10-11am No-gi BJJ w/Genaro |
| | *3:30-4pm ABC's w/Ana | 7-8pm All-levels BJJ w/VJ | *3:30-4pm ABC's w/Ana | 7-8pm All-levels BJJ w/VJ | 6:30-8pm All-levels BJJ w/Genaro | |
| | 5-6pm FF w/Ana | | 5-6pm FF w/Ana | | | |
| | 6-6:50 Women's Only BJJ w/Gil | | 6-6:50 Women's Only BJJ w/Gil | | | |
| | 6-7pm Muay Thai/KB w/Gordy | | 6-7pm Muay Thai/KB w/Gordy | | | |
| | 7-8pm Fundamentals BJJ w/Genaro | | 7-8pm Fundamentals BJJ w/Genaro | | | |