



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	5-6am FF w/Rob M.	5-6am FF w/Jess	5-6am FF w/Rob M.	5-6am FF w/Jess	9-10am Boxing w/Wayde
	6-7am All-levels BJJ w/Gil	5-5:45pm Kids BJJ w/VJ	6-7am All-levels BJJ w/Gil	5-5:45pm Kids BJJ w/VJ	*1-1:30pm ABC's w/Ana	9-10am Fundamentals BJJ w/Genaro
	*1-1:30pm ABC's w/Ana	6-7pm FF w/Ana	*1-1:30pm ABC's w/Ana	6-7pm FF w/Ana	6:30-8pm All-levels BJJ w/Genaro	10-11am No-gi BJJ w/Genaro
	5-6pm FF w/Ana	7-8pm All-levels BJJ w/VJ	5-6pm FF w/Ana	7-8pm All-levels BJJ w/VJ		
	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			