



Tooele Martial Arts Academy

Class Schedule

Kids classes for ages 4-7 / Youth classes for ages 8+

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM			Women's Kickboxing		Women's Kickboxing	Women's Self Defense
11:00 AM						Open Mat Adult
12:00 PM		BJJ Adult - NoGi	BJJ Adult - Gi	BJJ Adult - NoGi	BJJ Adult - Gi	
4:00 PM		Kickboxing Kids		Kickboxing Kids		
4:30 PM	BJJ Kids - Gi		BJJ Kids - Gi		BJJ Kids - Gi	
5:00 PM	BJJ Youth - Gi	Anti-Bullying Youth	BJJ Youth - Gi	Anti-Bullying Youth	BJJ Youth - Gi	
6:00 PM	BJJ Adult - Gi	Kickboxing Youth	BJJ Adult - Gi	Kickboxing Youth	BJJ - Adult NoGi	BJJ Adult - Gi
7:00 PM		Kickboxing Adults		Kickboxing Adults		
8:00 PM		Women's Kickboxing		Women's Kickboxing	BJJ Fundamentals Womens	

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tooelemartialartsacademy.com