



***** SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE *****

ALL ATTENDEES MUST MAKE APPOINTMENTS. NO WALK INS ALLOWED. NO APPOINTMENT, NO ENTRY. FOR QUESTIONS ON HOW TO MAKE AN APPOINTMENT, PLEASE USE OUR CONTACT FORM AT WWW.NEWBREEDTRAININGCENTER.COM or EMAIL US AT info@newbreedtrainingcenter.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:00 am Adult Strength & Conditioning	9:15 - 10:00 am Adult Strength & Conditioning	9:15 - 10:00 am Adult Strength & Conditioning	9:15 - 10:00 am Adult Strength & Conditioning	9:15 - 10:00 am Adult Strength & Conditioning	9:15 - 10:00 am Adult Strength & Conditioning	
					9:15 am - 10:00 am KIDS BJJ SPARRING	
10:00 - 11:00 am ADULT BJJ FUNDAMENTALS		10:00 - 11:00 am ADULT BJJ FUNDAMENTALS		10:00 - 11:00 am ADULT BJJ FUNDAMENTALS	1000 am - 1100 am ADULT BJJ FUNDAMENTALS	1030 am - 1200 pm Adult BJJ
11:00 a - 12:30 p ALL LEVELS ADULT BJJ	11:00 a - 12:30 p ALL LEVELS ADULT BJJ	11:00 a - 12:30 p ALL LEVELS ADULT NO-GI BJJ	11:00 a - 12:30 p ALL LEVELS ADULT BJJ	11:00 a - 12:30 p ALL LEVELS ADULT BJJ	1000 am - 1100 am Adult Muay Thai / Boxing	Competition Training Available (Please email)
					1130 am - 100 pm OPEN MAT (Visitors with an Appointment are Welcome)	
5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu (5-7)	5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu (8-13)	5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu (5-7)	5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu (8-13)			
5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu (8-13)	5:00 - 6:00 pm ADULT BJJ FUNDAMENTALS	5:00 pm - 6:00 pm Kids No-Gi and MMA 8-13	5:00 - 6:00 pm ADULT BJJ FUNDAMENTALS	5:00 pm - 6:00 pm ALL LEVELS ADULT BJJ		
5:30 pm - 7:00 pm Adult Strength & Conditioning	5:30 pm - 7:00 pm Adult Strength & Conditioning	5:30 pm - 7:00 pm Adult Strength & Conditioning	5:30 pm - 7:00 pm Adult Strength & Conditioning			
6:00 pm - 7:00 pm ADULT NO-GI BJJ FUNDAMENTALS		6:00 pm - 7:00 pm ADULT BJJ FUNDAMENTALS				
6:30 pm - 7:30 pm Adult Boxing	6:30 pm - 8:30 pm Adult BJJ SPORT/COMP FOCUSED	6:30 pm - 7:30 pm Adult Boxing	6:30 pm - 8:30 pm Adult BJJ SPORT/COMP FOCUSED			
7:00 pm - 8:30 pm ALL LEVELS ADULT BJJ	6:30 pm - 7:30 pm Adult Muay Thai	7:00 pm - 8:30 pm ALL LEVELS ADULT NO-GI BJJ	6:30 pm - 7:30 pm Adult Muay Thai			
		7:30 pm - 8:30 pm ADULT BOXING SPARRING	7:30 pm - 8:30 pm ADULT MUAY THAI SPARRING			

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