



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

PLEASE MAKE AN APPOINTMENT BEFORE YOUR FIRST CLASS. 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 (8+)	
10:00 - 11:00 am ADULT BJJ FUNDAMENTALS	10:00 - 11:00 am LEO / COMBATIVES	10:00 - 11:00 am ADULT BJJ FUNDAMENTALS		10:00 - 11:00 am ADULT BJJ FUNDAMENTALS	10:00 am - 11:00 am ADULT BJJ FUNDAMENTALS	10:30 am - 12:00 pm ALL LEVELS 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	10:00 am - 11:00 am Adult Muay Thai / Boxing	10:30 am - 12:00 pm COMPETITION TRAINING
					11:00 am - 1:00 pm OPEN MAT (Visitors Welcome - Please Call / Msg Ahead)	
5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu	5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu	5:00 pm - 6:00 pm Kids NO-GI Jiu-Jitsu	5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu			
5:00 - 6:00 pm ADULT BJJ FUNDAMENTALS	5:00 - 6:00 pm ADULT BJJ FUNDAMENTALS	5:00 - 6:00 pm ADULT NO-GI FUNDAMENTALS	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 WRESTLING FOR BJJ	6:00 pm - 7:00 pm Adult Muay Thai	6:00 pm - 7:00 pm ADULT BJJ FUNDAMENTALS	6:00 pm - 7:00 pm Adult Muay Thai			
6:00 pm - 7:00 pm Adult Boxing	6:15 pm - 8:15 pm Adult BJJ SPORT/COMP FOCUSED	6:00 pm - 7:00 pm Adult Boxing	6:15 pm - 8:15 pm Adult BJJ SPORT/COMP FOCUSED			
7:00 pm - 8:30 pm ALL LEVELS ADULT BJJ		7:00 pm - 8:30 pm ALL LEVELS ADULT NO-GI	7:00 pm - 8:00 pm ADULT MUAY THAI SPARRING			
		7:00 pm - 8:00 pm ADULT BOXING SPARRING				

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