



**2022 SCHEDULE EFFECTIVE MONDAY, JUNE 6, 2022**

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

IF YOU ARE NEW TO TRAINING, PLEASE MAKE AN APPOINTMENT BEFORE YOUR FIRST TRIAL CLASS. FOR QUESTIONS ON HOW TO MAKE AN APPOINTMENT, PLEASE USE OUR CONTACT FORM AT [WWW.NEWBREEDTRAININGCENTER.COM](http://WWW.NEWBREEDTRAININGCENTER.COM) OR EMAIL US AT [info@newbreedtrainingcenter.com](mailto: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 OPEN MAT (Instructor Approval Required)	
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 NO-GI BJJ ALL LEVELS	10:00 - 11:00 am ADULT BJJ FUNDAMENTALS	10:00 am - 11:00 am Advanced Kids Brazilian Jiu-Jitsu Training	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 ALL LEVELS ADULT NO-GI BJJ	10:30 am - 12:00 pm COMPETITION TRAINING
					10:00 am - 11:00 am Adult Muay Thai / Boxing	
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 Brazilian Jiu-Jitsu	5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu	5:00 pm - 6:00 pm Kids Brazilian Jiu-Jitsu	11:00 am - 1:00 pm BJJ OPEN MAT (Visitors Welcome)	
5:00 - 6:00 pm ADULT BJJ FUNDAMENTALS	5:00 - 6:00 pm ADULT NO-GI BJJ FUNDAMENTALS	5:00 - 6:00 pm ADULT BJJ FUNDAMENTALS	5:00 - 6:00 pm ADULT NO-GI BJJ FUNDAMENTALS	5:00 pm - 6:30 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	6:30 pm - 7:30 pm ADULT ADVANCED MUAY THAI (Instructor Approval Required)		
6:00 pm - 7:15 pm ADULT NO-GI Intermediate/Adv	6:00 pm - 7:00 pm Adult Muay Thai Fundamentals	6:00 pm - 7:15 pm ADULT BJJ Intermediate/Adv	6:00 pm - 7:00 pm Adult Muay Thai Fundamentals			
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			
7:15 pm - 8:30 pm ALL LEVELS ADULT BJJ	7:00 pm - 8:00 pm ADULT ADVANCED MUAY THAI (Instructor Approval Required)	7:15 pm - 8:30 pm ADULT NO-GI Intermediate/Adv	7:00 pm - 8:00 pm ADULT MUAY THAI SPARRING (Instructor Approval Required)			
7:00 pm - 8:00 pm ADULT BOXING SPARRING (Instructor Approval Required)						

\*\*\* IMPORTANT NOTE FOR ALL TRIAL MEMBERS -- PLEASE MAKE SURE THAT YOU HAVE NECESSARY EQUIPMENT IN ORDER TO TRAIN. WE NO LONGER PROVIDE LOANER EQUIPMENT. IF YOU HAVE ANY QUESTIONS REGARDING CLASSES OR EQUIPMENT, PLEASE CONTACT US DIRECTLY. YOU CAN USE OUR CONTACT FORM AT [WWW.NEWBREEDTRAININGCENTER.COM](http://WWW.NEWBREEDTRAININGCENTER.COM), EMAIL US AT [info@newbreedtrainingcenter.com](mailto:info@newbreedtrainingcenter.com).