



Schedule effective January 1, 2023

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

If you are new to training martial arts, please contact us first prior to beginning your 30-day trial. You can contact us by visiting WWW.NEWBREEDTRAININGCENTER.COM and using our contact form or emailing 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 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	1030 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	1000 am - 11:00 am ALL LEVELS ADULT NO-GI BJJ	1030 am - 12:00 pm COMPETITION TRAINING
					1000 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	1100 am - 100 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 - 7:30 pm ADULT NO-GI Intermediate/Adv	6:00 pm - 7:00 pm Adult Muay Thai Fundamentals	6:00 pm - 7:30 pm ADULT NO-GI 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			
7:30 pm - 9:00 pm ALL LEVELS ADULT BJJ	7:00 pm - 8:00 pm ADULT ADVANCED MUAY THAI (Instructor Approval Required)	7:30 pm - 9:00 pm ALL LEVELS ADULT BJJ	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, EMAIL US AT info@newbreedtrainingcenter.com.**