



MOHLER MMA - GRAPEVINE - KIDS

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214-738-0640

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-6:00pm - Brazilian Jiu-Jitsu (Age 7-12)	4:15-5:15pm - Brazilian Jiu-Jitsu (Age 7-12)	11:00-12:30pm - Brazilian Jiu-Jitsu (13 & up)	4:15-5:15pm - Brazilian Jiu-Jitsu (Age 7-12)	11:00-12:30pm - Brazilian Jiu-Jitsu (13 & up)	9:30-10:30am - KIDS Brazilian JiuJitsu (age 7-12)
6:00-7:00pm - Brazilian Jiu-Jitsu (7-12)	5:30- 6:15pm - Little Dragon Jiu-Jitsu (age 4-6)	5:00-6:00pm - Brazilian JiuJitsu (Age 7-12)	5:30- 6:15pm - Little Dragons - (age 4-6)	6:00-7:00pm - JiuJitsu Takedowns (age 7-12)	10:30am-11:30pm - Boxing- (13 & up)
7:00-8:30pm - Brazilian Jiu-Jitsu (13 & up)	6:30-7:30pm - Boxing (13 & Up)	6:00-7:00pm - Brazilian Jiu-Jitsu (age 7-12)	6:30-7:30pm - Boxing (13 & Up)	7:00-8:30pm - Brazilian Jiu-Jitsu (13 & up)	11:30am-12:30pm - Muay Thai Kickboxing (13&up)
	6:30-7:30pm - Muay Thai Kickboxing (13&up)	7:00-8:30pm - Brazilian Jiu-Jitsu (13 & up)	6:30-7:30pm - Muay Thai Kickboxing (13&up)		1:00-2:30pm - Brazilian Jiu-Jitsu (13& up)
	7:00-7:45pm - Brazilian Jiu-Jitsu - Technique Only (13 & up)		7:00-7:45pm - Brazilian Jiu-Jitsu - Technique Only (13 & up)		
	7:30-8:30pm - Boxing Advanced Sparring (13 & up) must have 6 month exp.				