



CLASS SCHEDULE



EAST WEST MIXED MARTIAL ARTS

Schedule Effective - February 6, 2010

	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
	<u>A DAY</u>	<u>A DAY</u>	<u>B DAY</u>	<u>B DAY</u>	
4-7 YR. LITTLE CHAMPS KENPO 30 Min Class	4:15 PM	5:45 PM	4:15 PM	5:45 PM	2:00 PM
7-12 YR. WHITE - ORANGE KENPO 45 Min Class	4:45 PM	6:15 PM	4:45 PM	6:15 PM	1:00 PM
7-12 YR. PURPLE - BLACK KENPO 45 Min Class	5:30 PM	4:15 PM	5:30 PM	4:15 PM	11:00 AM
GEN-JITSU KENPO - TEENS/ADULTS 60 Min Class	8:00 PM	7:00 PM	8:00 PM	7:00 PM	2:30 PM
COMBAT FITNESS/KICKBOXING/THAI 60 Min Class	4:15 PM 7:00 PM RESISTANCE TRAINING	4:15 PM 8:00 PM MEDICINE/YOGA BALL	4:15 PM 7:00 PM WEIGHTS	4:15 PM 8:00 PM MIXED	12:00 PM MIXED
BRAZILIAN JIU-JITSU - TEENS/ADULTS 60 Min Class	7:00 PM NO GI	6:00 PM GI	7:00 PM NO GI	6:00 PM GI	
OPEN MAT MMA/BJJ/THAI BOXING	8:00 PM	7:00 PM	8:00 PM	7:00 PM	3:30 PM
BLACK BELT TRAINING CLUB CHANBARA/KICKBOXING/SPARRING 45 Min Class	6:15 PM GRAPPLING & TAKEDOWNS	5:00 PM CHANBARA SPARRING KICKBOXING/WEAPONS	6:15 PM GRAPPLING & TAKEDOWNS	5:00 PM CHANBARA SPARRING KICKBOXING/WEAPONS	4:30 PM OPEN DAY
DEMO TEAM 45 Min Class					1:15 PM
LEADERSHIP/INSTRUCTOR TRAINING 45 Min Class					10:15 AM

Private classes available by appointment. ALL students must attend enough classes in each cycle to graduate;
26=2 classes each week.

ALL Students must bring their weapons and sparring gear to all BBTC classes. Approved MMA Tee shirts and or shorts are allowed for the COMBAT FITNESS CLASS, MMA NO GI, and for BBTC. Full karate Uniform is required in all Gen-Jitsu Kenpo Karate classes and BJJ GI nights. Full uniform and belt needs to be worn during ALL TIP testing weeks.

If you have any questions call Sensei Bryce:

801-472-2109

