

Adult Martial Arts Schedule

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Morning	No-Gi Jiu Jitsu 5:30am-6:15 (Project Warrior) with McMillian	Jiu-Jitsu Fundamentals 5:30am -6:15 with McMillian	No-Gi Jiu Jitsu 5:30am-6:15 (Project Warrior) with McMillian	Jiu-Jitsu Fundamentals 5:30am -6:15 with McMillian	Kickboxing 5:30am-6:15 (Project Warrior) with McMillian	
Noon	Jiu-Jitsu Fundamentals 12:00pm-1:00 with Brian		Jiu-Jitsu Fundamentals 12:00pm-1:00 with Brian		Open Mat/Rolling 12:00pm-1:00	
Evening	Boxing 5:30pm-6:30 with Tim		Boxing 5:30pm-6:30 with Brian		Boxing 5:30pm-6:30 with Brian	
	Kickboxing 6:15pm-7:00 with Brian	Muay Thai 6:00pm-6:45 with Brian	Kickboxing 6:15pm-7:00 with Brian	Muay Thai 6:00pm-6:45 with Brian	Competition Rolling 6:00pm	
	Open Mat/Rolling 6:30pm	Jiu-Jitsu Fundamentals 6:45pm-7:45 with Brian	No-Gi Jiu Jitsu 6:30pm-7:15 with Sharpie	Jiu-Jitsu Fundamentals 6:45pm-7:45 with Brian		
	No-Gi Jiu-Jitsu 7:00pm with Brian	Open Mat/Rolling 7:45pm	MMA 7:15pm with Sharpie	Open Mat/Rolling 7:45pm		



**301 Reasoner Ln
Russellville, AR
479-214-1245**

