

# P.M. CLASS SCHEDULE

## 2025 -2026

● Youth Classes ● Pre-Team/Team ● Adult Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00	● Adult BJJ (Oct)	● Adult BJJ (Oct)	● Adult BJJ (Oct)	● Adult BJJ (Oct)	● Adult BJJ (Oct)	● All Ages Open Gym
2:00	● Special Needs		● Special Needs			
3:30	● Preschool TNT ● TNT Beg. ● Cheer Tumbling ● Beg. Acro	● Preschool TNT ● TNT Beg. ● Little Ninjas ● Beg. Acro ● Cirque Int/Adv	● Preschool TNT ● TNT Beg. ● TNT Int.	● Preschool TNT ● TNT Beg. ● Little Ninjas ● Beg. Acro ● Cirque Int/Adv	● Little Ninjas 3PM ● Cirque Beg. ● TNT Beg.	
4:00	● Cirque Beg. ● Park/Nin Beg.		● Cirque Beg. ● Park/Nin Beg.		● Park/Nin Beg.	
4:30	● BJJ (6-9) ● Preschool TNT ● TNT Beg. ● Acro Pre-Team ● TNT Pre-Team	● TNT Beg. ● TNT Int. ● Parkour Beg. ● Kickbox (6-9) ● TNT Pre-Team ● Acro Pre-Team	● BJJ (6-9) ● Preschool TNT ● TNT Beg. ● TNT Pre-Team	● Kickbox (6-9) ● Preschool TNT ● TNT Beg. ● TNT Int. ● Parkour Int. ● TNT Pre-Team ● Acro Pre-Team	● BJJ (6-9) ● TNT Beg. ● TNT Int. ● Cirque Int. ● TNT Pre-Team ● TNT Team	
5:00	● BJJ 5:15 (10-14) ● Cirque Int/Adv ● Acro Team	● Cirque Beg. ● Acro Team ● Kickbox (10-14)	● BJJ 5:15 (10-14) ● Cirque Minis ● Parkour Int.	● Cirque Minis ● Acro Team ● Kickbox (10-14)	● BJJ (10-14) ● Parkour Int.	
5:30	● TNT Int.	● Parkour Int. ● TNT Team	● Preschool TNT	● Park/Nin Beg. ● TNT Team		
6:00	● Parkour Adv. ● TNT Team ● Adult BJJ	● Cirque Beg. ● Adult Kickbox	● Cirque Int/Adv ● Parkour Adv ● TNT Team ● Adult BJJ	● Cirque Beg. ● Women's Self-Defense	● All Ages Open Gym	
6:30	● Adult Cirque					
7:00	● Adult Kickbox	● Adult BJJ ● Adult O. Gym	● Cheer Tumbling ● Adult Kickbox	● Adult Cirque ● Adult O. Gym ● Adult BJJ		
7:30		● Adult TNT		● Adult TNT		

**Class lengths:** Beg. = 60 min, Int/Adv. = 90 min, Pre-Team = 90 min, Team = 120 min

