



# Fifty/50 Martial Arts Academy

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am-7:30am		BJJ Fun II		BJJ Fun II			
10:30am-11:30am	Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing		
11:30am-12:30pm	BJJ Fun II	BJJ Fun II	BJJ Fun II	BJJ Fun II	BJJ Fun II	12:00-1:00pm BJJ Fun II	12:00-1:00pm BJJ Women's
12:30-2pm	Pro-MMA Training   BJJ Open Mat	Pro-MMA Training   BJJ Open Mat	Pro-MMA Training   BJJ Open Mat	Pro-MMA Training   BJJ Open Mat	Pro-MMA Training   BJJ Open Mat	1:00-3:00pm Open Mat	1:00-3:00pm Open Mat
4:30-5pm	Mini 25/50 BJJ		Mini 25/50 BJJ				
5-5:45pm	Junior 25/50 BJJ	Junior 25/50 BJJ	Junior 25/50 BJJ	Junior 25/50 BJJ	Mini 25/50 BJJ		
5-6pm	Beginner 25/50 BJJ   Advanced 25/50 BJJ	Beginner 25/50 BJJ	Beginner 25/50 BJJ   Advanced 25/50 BJJ	Beginner 25/50 BJJ   Advanced 25/50 BJJ	25/50 Wrestling		
6-7pm	BJJ Fun I   BJJ Fun II	MMA Kickboxing   Open Mat	BJJ Fun I   BJJ Fun II	25/50 Kickboxing   Open Mat	MMA Kickboxing   BJJ Fun II		
7-8pm	MMA Kickboxing   Open Mat	BJJ Fun I   BJJ Fun II	MMA Kickboxing   BJJ Advanced	BJJ Fun I   BJJ Fun II	Open Mat   BJJ Marathon Roll		
8-9:30pm	BJJ Advanced   Pro-MMA Training	BJJ Advanced   Pro-MMA Training	Open Mat   Pro-MMA Training	BJJ Advanced   Pro-MMA Training			

**Adult Programs**  
 BJJ Fundamentals I = <6 months experience  
 BJJ Fundamentals II = Pre-reqs (approx >6 months exp)  
 BJJ Advanced = Blue Belts and Above  
 BJJ Women ONLY = All Levels  
 Cardio Kickboxing = All Levels  
 MMA Kickboxing = All Levels  
 Pro-MMA Training = Invite Only

**Youth Programs**  
 Mini 25/50 BJJ = All Levels 3-5 year olds  
 Junior 25/50 BJJ = All Levels 6-8 year olds  
 Beginner 25/50 BJJ = Beginner 9-14 year olds  
 Advanced 25/50 BJJ = Advanced 8-14 year olds (Grey Belt 5 stripes pre-req - approx 2 yrs exp+)  
 25/50 Kickboxing = All Levels 6-14 year olds  
 25/50 Wrestling = 3 stripes pre-req (approx 6 months exp+)