

New Breed Training Center Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		615 - 700 am Functional Fitness		615 - 700 am Functional Fitness		830 - 915 am Functional Fitness
	900 - 1000 am WOMEN'S BOOT CAMP		900 - 1000 am WOMEN'S BOOT CAMP			930 - 1030 am Kids Brazilian Jiu-Jitsu
1000 - 1130 am MMA Fighter Training (Invite Only)	1000 - 1045 am Functional Fitness	930 - 1100 am Brazilian Jiu-Jitsu (Gi) Drilling & Sparring	1000 - 1045 am Functional Fitness	930 - 1100 am Brazilian Jiu-Jitsu (Gi) Drilling & Sparring	1000 - 1045 am Functional Fitness	1030 - 1130 am Brazilian Jiu-Jitsu (Gi) Drilling
1130 am - 100 pm BJJ (Gi) Drilling & Sparring	1100 - 1230 pm Muay Thai (Int. & Adv. Only)	1130 am - 1230 pm Brazilian Jiu-Jitsu (Gi) Fundamentals	1130 am - 100 pm All Levels	1130 am - 1230 pm Brazilian Jiu-Jitsu (Gi) Fundamentals	1130 am - 1230 pm Brazilian Jiu-Jitsu (Gi) Fundamentals	1130 am - 130 pm Brazilian Jiu-Jitsu (Gi) Drilling
	1230 - 130 pm BJJ (Gi) Drills & Sparring	1230 - 130 pm Beginner Muay Thai		1230 - 130 pm BJJ (Gi) Drills & Sparring	1230 - 130 pm Beginner Muay Thai	1230 - 130 pm Brazilian Jiu-Jitsu (Gi) Drills & Sparring
	430 - 600 BJJ (Gi) Inter.	515 - 600 Functional Fitness	500 - 600 Kids Brazilian Jiu-Jitsu	430 - 600 BJJ (Gi) Inter.	515 - 600 Functional Fitness	500 - 600 Kids Brazilian Jiu-Jitsu
	530 - 630 Beginner Muay Thai		530 - 630 pm Brazilian Jiu-Jitsu Fundamentals	530 - 630 Beginner Muay Thai		530 - 630 pm Brazilian Jiu-Jitsu Fundamentals
	600 - 645 Functional Fitness	600 - 800 Brazilian Jiu-Jitsu Advanced & Competition Techniques	630 - 730 pm WOMEN'S BOOTCAMP	600 - 645 Functional Fitness	600 - 800 Brazilian Jiu-Jitsu Advanced & Competition Techniques	630 - 730 pm WOMEN'S BOOTCAMP
	630 - 800 Int/Adv. Muay Thai	700 - 745 Functional Fitness	700 - 800 No-Gi / Wrestling (Int)	630 - 800 Int/Adv. Muay Thai	700 - 745 Functional Fitness	600 - 645 Functional Fitness Ramp Up
	700 - 800 No-Gi / Wrestling (Int)		800 - 900 Beginner Muay Thai	700 - 800 No-Gi / Wrestling (Int)		600 - 700 Boxing Sparring Instructor Approval Needed
	800 - 900 BJJ (Gi) Fund.	800 - 930 Brazilian Jiu-Jitsu (Gi) Intermediate	800 - 900 BJJ (Gi) Fund.	800 - 900 BJJ (Gi) Fund.	800 - 930 Brazilian Jiu-Jitsu (Gi) Intermediate	
	800 - 900 Boxing		800 - 900 Boxing	800 - 900 Boxing		1130 am - 130 pm OPEN MAT <i>(Grappling & Stand- up) Non-Members with experience are welcome</i>

Private Classes are available upon Request.

Based on experience, Ramp Up classes may be required for Functional Fitness.

New Breed Training Center is closed from 130 pm to 430 pm unless otherwise specified.

Class Participation may be limited by New Breed Training Center staff based on experience and skill level.

Stand-up Sparring is not allowed with proper protection and supervision by Striking Instructors