

Next Level Martial Arts Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30	10:30 - 11:30		9:15 - 10:15		9:15 - 10:15	9:30 - 10:30	C L O S E D	
9:30			BJJ - Gi**		BJJ - no Gi			Strength & Conditioning
10:30	PDX Rebels	11:45 - 12:30	10:30 - 11:30	11:45 - 12:30	10:30 - 11:30	11:00 - 12:30		
11:30	11:45 - 12:30		11:45 - 12:30		11:45 - 12:30			11:45 - 12:30
12:30 - 3:00	Executive Hour Conditioning	Restorative Strength (Groga)	Executive Hour Conditioning	Restorative Strength (Groga)	Executive Hour Conditioning	BJJ - Gi**		
3:00	C L O S E D					C L O S E D		Women's Boxing 1:00 - 3:00
4:00	4:30 - 5:15	6:00 - 7:30	4:30 - 5:15	5:30 - 6:30	4:30 - 5:15			5:30 - 6:30
5:00	Kids BJJ (8-13 yrs)		Kids BJJ (8-13 yrs)		Strength & Conditioning		Strength & Conditioning	
6:00	BJJ - Gi** Fundamentals	Thai Boxing	5:30 - 6:45	Thai Boxing				
7:00	^5:15 - 6:15^ BJJ - Advanced Gi *		BJJ - Gi **		Strength & Conditioning		BJJ** - Gi Fundamentals	
8:00	^6:15 - 7:15^ BJJ - Upper Belt +	Strength & Conditioning	BJJ - Advanced Gi +	Strength & Conditioning				
8:00	7:15 - 8:15	7:00 - 8:00	7:00 - 8:00	7:30 - 8:30				

*** NEEDS COACH APPROVAL**

+ BLUE BELT & ABOVE

**** OWN GI REQUIRED**



Specialty class - not included in basic membership



Boxing for those with Parkinson's Disease