

Next Level Martial Arts Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30	9:15 - 10:15		9:15 - 10:15		9:15 - 10:15	Functional strength	C L O S E D	
9:30	BJJ - no GI		BJJ - GI**	10:00 - 11:00	BJJ - no GI	8:00 - 9:00 9:30 - 10:30		
10:30	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30	PDX Rebels	10:30 - 11:30	Strength & Conditioning		
11:30	PDX Rebels	PDX Rebels	PDX Rebels		PDX Rebels	11:00 - 12:30		
12:30 - 3:30	C L O S E D							Women's Boxing 1:00 - 3:00
3:30	4:30 - 5:15		4:30 - 5:15	4:30 - 5:30	4:30 - 5:15			
4:30	Kids BJJ (8-13 yrs)		Kids BJJ (8-13 yrs)	Functional Strength	Kids BJJ (8-13 yrs)			
5:30	BJJ - Fundamentals 5:15 - 6:15	5:30 - 6:30 Func-tional Strength	6:00 - 7:30 BJJ - Gi **	Functional Strength	5:30 - 6:30 Func-tional Strength	6:00 - 7:00 BJJ Drilling		
6:30	BJJ Gi ** - Comp Drilling *		7:00 - 8:00 Thai Boxing	Thai Boxing				
7:30	BJJ Gi ** - Comp Rolling *	6:15 - 7:15 Func-tional Strength	BJJ - Gi**	BJJ - Advanced Gi + Func-tional Strength	BJJ - Gi Fundamentals			
8:30	7:15 - 8:15	7:00 - 8:00	7:30 - 8:30	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