

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	9:30 - 10:30	C L O S E D	
9:30	BJJ - no Gi		BJJ - Gi**	10:00 - 11:00	BJJ - no Gi	Functional Strength		
	10:30 - 11:30	10:30 - 11:30	10:30 - 11:30	PDX Rebels	10:30 - 11:30			
10:30	PDX Rebels	PDX Rebels	PDX Rebels		PDX Rebels	11:00 - 12:30		
11:30		11:45 - 12:30 Restorative Strength (Groga)		11:45 - 12:30 Restorative Strength (Groga)		BJJ - Gi**		
12:30 - 3:30	C L O S E D					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 - 5:15			
4:30	Kids BJJ (8-13 yrs)		Kids BJJ (8-13 yrs)		Kids BJJ (8-13 yrs)			
5:30	BJJ - Fundamentals 5:15 - 6:15	5:30 - 6:30 Functional Strength	BJJ - Gi **	5:30 - 6:30 Functional Strength	5:30 - 6:30 Functional Strength			6:00 - 7:00 BJJ Drilling*
6:30	BJJ Gi ** - Comp Drilling *	Functional Strength	Thai Boxing	Functional Strength	Thai Boxing			
7:30	BJJ Gi ** - Comp Rolling *	6:30 - 7:30	BJJ - Gi**	6:30 - 7:30	BJJ - Gi**			
8:30	7:15 - 8:15	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 Parkinsonians