

## BTT Happy Valley Schedule 2019

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sunday
BJJ 101		10:30-11-30AM		10:30-11-30AM			
Comp Team-Takedowns			10:30-11-30AM				
MMA HIIT FITNESS Circuits	4:00 - 7:00 PM	3:00 - 6:00 PM	4:00 - 7:00 PM	3:00 - 6:00 PM	4:00 - 7:00 PM	Open	Open
Tiny Ninjas BJJ*	4:00 - 4:30 PM		4:00 - 4:30 PM			For	For
Little Ninjas BJJ*		4:30 - 5:15 PM		4:30 - 5:15 PM			
Kids BJJ***	5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM	5:30 - 6:30 PM		Privates	Privates
Teens BJJ ****	5:30 - 6:30 PM		5:30 - 6:30 PM				
Kids MMA					5:30 - 6:30 PM		
Striking Arts	6:30 - 7:30 PM		6:30 - 7:30 PM		6:30 - 7:30 PM		
BJJ Fundamentals	6:30 - 7:15 PM		6:30 - 7:15 PM				
No-Gi Grappling		6:45 - 7:45 PM		6:45 - 7:45 PM			
Advanced BJJ	7:30 - 8:30 PM		7:30 - 8:30 PM		7:30 - 8:30 PM		
Open Mat							2:00 - 4:00 PM
<b>Scroll down for additional class info</b>							
*Tiny Ninjas BJJ	3 - 5 years old	Gi Required					
** Little Ninjas BJJ	5 - 8 years old	Gi Required					
***Kids BJJ	6 - 12 years old	Gi Required					
***Teens BJJ	12-15 years old	Gi Required					
****Kids MMA& Self Defense	7+ years old	Gloves and grappling shorts required					
Kids Wednesday Class is No-Gi				Rashguard and Grappling Shorts Required			
Striking Arts		Gloves and Shins Required					
Striking Arts	Monday- Kickboxing	Wednesday- Muay Thai	Friday- Boxing				

