

Spider Gym MMA chedule
Jan 2014 (Effective Sat. Jan 11)

BRAZILIAN JIU JITSU

	SUN	MON	TUE	WED	THU	FRI	SAT
Adults Beginners		5:30pm - 6:30pm		5:30pm - 6:30pm			
All Ranks		6:30 pm -7:30pm	6:30 pm -7:30pm (No Gi)	6:30 pm -7:30pm	6:30 pm -7:30pm (No Gi)		12:00pm -1:00pm New!
Morning Open Rolling		11:30am -1:00pm		11:30am -1:00pm			
Evenng Open Rolling		7:30pm -8:30pm	7:30pm -8:30pm	7:30pm -8:30pm	7:30pm -8:30pm	6:30pm - 7:30pm	1:00pm -2:00pm

JUDO(Starting February)

	SUN	MON	TUE	WED	THU	FRI	SAT
All levels		7:30pm -8:30pm			7:30pm -8:30pm		

BOXING by Coach Kelvin

	SUN	MON	TUE	WED	THU	FRI	SAT
NOVICE			5:30pm -6:30pm		5:30pm -6:30pm		
All Levels			7:30pm - 8:30pm		7:30pm - 8:30pm		

K1 KICK BOXING/MUAY THAI by Coach David (All levels) & Coach Isaac (Beginners)

	SUN	MON	TUE	WED	THU	FRI	SAT
Beginners (Coach Isaac)		5:30pm - 6:30pm		5:30pm - 6:30pm		5:30pm -6:30pm	
All levels (Coach David)		8:00pm - 9:00pm		8:00pm - 9:00pm			

Striker (Coach Tolik) "New"

	SUN	MON	TUE	WED	THU	FRI	SAT
All levels			8:00pm - 9:00pm		8:00pm - 9:00pm		

Self Defense

	SUN	MON	TUE	WED	THU	FRI	SAT
All Ages						7:30pm - 8:30pm	

KIDS PROGRAM

	SUN	MON	TUE	WED	THU	FRI	SAT
Brazilian Jiu Jitsu			5:30pm - 6:30pm		5:30pm - 6:30pm		12:00pm -1:00pm
Wrestling (Jan 21~)		4:30pm -5:30pm		4:30pm -5:30pm			↑Family BJJ Parents must be in class

VIP Brazilian Jiu Jitsu Curriculum

	SUN	MON	TUE	WED	THU	FRI	SAT
VIP members				7:00PM - 8:00PM			2:00pm -3:00pm

COMPETITORS TRAINING CAMP

EVERY SATURADY (1:00 PM -4:00 PM)	
BOXING	1:00pm -2:00pm
STRIKING	2:00pm -4:00pm