



World Class Athletics

6332B SE 82nd Ave, Portland

503-771-3451

Worldclasspdx.com

Monday	Class	Coach	Thursday	Class	Coach
9am-10am	Strength: Cardio	Robin	9am-10am	Strength: Interval	Robin
9am-12pm	OPEN GYM		9am-12pm	OPEN GYM	
5pm-6pm	Kickboxing	Cody	5pm-6pm	Kids boxing	Kody
6pm-7pm	Strength: Cardio	Dom	5pm-6pm	Muay Thai	Dion
6:15-7:45pm	Jiu jitsu: Comp.	Dave T	6pm-7pm	Strength: Interval	Robin
7pm-8pm	Restorative Yoga	Andria	6:00-7:30pm	GI Jiu jitsu	Tom
8pm-9pm	MMA	Cody	8pm-9pm	Jits with Hits*	Branom
7:45-9:00pm	Self-Defense**	Dave T			
Tuesday	Class	Coach	Friday	Class	Coach
9am-10am	Strength: Lifting	Robin	9am-10am	Strength: Benchmark	Robin
9am-12pm	OPEN GYM		9am-12pm	OPEN GYM	
10:30-11:30am	Muay Thai	Branom	5pm-6pm	Kids Jiu Jitsu **	Favian
5pm-6pm	Kids Boxing	Kody	5pm-6pm	Kickboxing	Cody
5pm-6pm	Muay Thai	Branom	6pm-7pm	Strength: Benchmark	Robin
6pm-7pm	Muay Thai	Branom	6pm-7pm	MMA	Cody
6pm-7pm	Strenth: Lifting	Robin			
6:00-7:30pm	GI Jiu jitsu	Tom			
8pm-9pm	Adv. Striking*	Branom			
Wednesday	Class	Coach	Sunday	Class	Coach
9am-10am	Strength: Lifting	Robin	10:30-12pm	Woman's FIT	Jenna
9am-12pm	OPEN GYM		12pm-1pm	Strength: Lifting	Rachel
5pm-6pm	Boxing	George	12pm-1pm	Beginning BJJ	Dave B.
6pm-7pm	Strength: Lifting	Rachel	1pm-2pm	GI Jiu jitsu	Tom
6:15-7:30pm	GI Jiu jitsu	Dave T.	2pm-3pm	OPEN Mat	Tom
			3pm-4pm	Muay Thai	Branom
			4pm-5pm	Open Mat	
*invite only	**by appointment				