



Ultimate Self Defense & Performance Center
 12 B St., South Boston, MA 02127
 tel: 617-268-9893

REGULAR CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7-8:15 am BJJ		7-8:15 am BJJ		9:15-10 am Cardio MMA	9-10 am No-Gi BJJ
4-5:00 pm Kids BJJ	4-5:00 pm Kids BJJ	4-5:00 pm Kids BJJ	4-5:00 pm Kids BJJ	4-5:00 pm Kids BJJ		
5-5:30 pm Dragons Karate	5-6 pm Judo (All levels)	5-5:30 pm Dragons Karate	5-6 pm Judo (All levels)			
5:30-6:15 pm Youth Beginner Karate	6-7:00 pm Advanced Judo	6-7:00 pm Family BJJ	5:30-6:15 pm Youth Advanced Karate		6:30-7:45 pm Adult & Teen BJJ	
6:15-7:10 pm Adult, Teen, & Youth Advanced Karate		6:15-7 pm Youth Beginner Karate	6:15-7:30 pm Adult & Teen BJJ			
7:30-8:45 pm Adult & Teen BJJ	7:30-8:45 pm Advanced BJJ	7-7:55 pm Adult & Teen Karate	7:30-8:30 pm BJJ Open Mat			
		8-9:15 pm Adult & Teen BJJ Fight Night				
					10-11 am Judo	10-11:15 am BJJ Open Mat
					11-12:30 pm Advanced Judo	

Karate/Self Defense	Dragons Karate for 3-5yr, Youth Beginner is for 6+ white belts, Youth Advanced is for 6+ yellow belts. Adult class includes 11+.
Judo	All classes listed are open to adults and or teens. Families encouraged to practice together. Advanced classes are for higher ranks and adult/teens.
Brazilian Jiu Jitsu (BJJ)	All classes listed are open to adults and or teens. Unless listed as Kids BJJ (5yr +). Family BJJ is a combined class for both adults and children.
BJJ No-Gi & Open Mat	BJJ No-Gi classes are without a gi. Open Mat classes are supervised periods for practice without informal instruction.
Cardio MMA	Curriculum includes circuit training with a focus on applicable self defense techniques. Classes are for adults/teens.