



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
					<b>9:15-10 am</b> Cardio MMA	<b>9-10 am</b> No-Gi BJJ
					<b>10-11 am</b> Judo	<b>10-11 am</b> BJJ Open Mat
					<b>11-12:30 pm</b> Advanced Judo	
<b>4-5:00 pm</b> Kids BJJ	<b>4-5:00 pm</b> Kids BJJ	<b>4-5:00 pm</b> Kids BJJ	<b>4-5:00 pm</b> Kids BJJ	<b>4-5:00 pm</b> Kids BJJ		
<b>5-5:30 pm</b> Dragons Karate	<b>5-6 pm</b> Judo (All levels)	<b>5-5:30 pm</b> Dragons Karate	<b>5-6 pm</b> Judo (All levels)			
<b>5:30-6:15 pm</b> Youth Beginner Karate	<b>6-7:00 pm</b> Advanced Judo	<b>6-7:00 pm</b> Family BJJ	<b>5:30-6:15 pm</b> Youth Advanced Karate		<b>6:30-7:45 pm</b> Adult & Teen BJJ	
<b>6:15-7:10 pm</b> Adult, Teen, & Youth Advanced Karate		<b>6:15-7 pm</b> Youth Beginner Karate	<b>6-7:15</b> <i>***Girls Group 6-7pm</i>			
<b>7:30-8:45 pm</b> Adult & Teen BJJ	<b>7:30-8:45 pm</b> Advanced BJJ	<b>7-7:55 pm</b> Adult & Teen Karate	<b>7:30-8:30 pm</b> BJJ Open Mat			
		<b>8-9:15 pm</b> Adult & Teen BJJ Fight Night				

<b>Karate/Self Defense</b>	Dragons Karate for 3-5yr, Youth Beginner is for 6+ white belts, Youth Advanced is for 6+ yellow belts. Adult class includes 11+.
<b>Judo</b>	All classes listed are open to adults and or teens. Families encouraged to practice together. Advanced classes are for higher ranks and adult/teens.
<b>Brazilian Jiu Jitsu (BJJ)</b>	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.
<b>BJJ No-Gi &amp; Open Mat</b>	BJJ No-Gi classes are without a gi. Open Mat classes are supervised periods for practice without informal instruction.
<b>Cardio MMA</b>	Curriculum includes circuit training with a focus on applicable self defense techniques. Classes are for adults/teens.
<b>GIRLS GROUP</b>	FREE Community Self Defense class for girls and families offered every Spring and Fall Semester at 6-7:00PM (1/22, 1/29, 2/12, 2/26, 3/12, 3/26, 4/4)