



Quintella Martial Arts Academy

Facebook: Quintellamma
 WWW.Quintellamma.com

	9am	9:30am	10:30am	11:30am	12pm	4pm	5pm	5:30pm	6pm	7pm
Mon		Beginner MuayThai					No-Gi	BJJ Beginner	BJJ	MuayThai
Tues						Kids MuayThai	Kids BJJ		BJJ	MuayThai
Wed		Beginner MuayThai					No-Gi	BJJ Beginner	BJJ	MuayThai
Thur						Kids MuayThai	Kids BJJ		BJJ	MuayThai
Fri							Kids BJJ	Open Mat	Open Mat	Open Mat
Sat	Open Mat		Kids MuayThai	Women's self Defese/ MuayThai						