



NAK2 Academy Class Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						Boot Camp	Closed
10:15 AM to 11:15 AM						Muay Thai start @10:15	
11:30 AM to 12:30 PM		Muay Thai 11:30-12:30		Muay Thai 11:30-12:30		Gracie Combatives 11:30 Master Cycle 11:30	
4:00 PM to 4:45 PM	Little Champs		Little Champs		Little Champs	Women Empowered 12:30-1:30	
5:00 PM to 5:45 PM	Jr. Grapplers	Black Belt Club	Jr. Grapplers	Black Belt Club	Jr. Grapplers		
6:00 PM	Gracie Combatives	Muay Thai	Gracie Combatives	Muay Thai	Muay Thai		
7:00 PM	Muay Thai	Gracie Combatives start @7:15	Muay Thai	Gracie Combatives start @7:15	MT extension RD Class 7:30-8:30		
	MT extension 8:00-8:30						
8:15-9:15		Master Cycle 8:15-9:15	Women Empowered 8:15-9:15	Master Cycle 8:15-9:15			

Little Champs	Gracie Bullyproof: Ages 5-7 y/o
Jr. Grapplers	Gracie Bullyproof: Ages 8-12 y/o
Gracie Combatives	Adult Gracie Jiu-Jitsu. No experience required.
Muay Thai	Adult Muay Thai, mixed levels. Split class, one instructor per level.
Muay Thai	Adult Muay Thai. Rounds, sparring, onramps. Experience and invitation required.
Master Cycle	Adult Gracie Jiu-Jitsu. Blue-Black belt
Women Empowered	Women only self defense class
Black Belt Club	Gracie Bullyproof, all ages. Invitation only.

NAK2 Academy
Issaquah, WA

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www.nak2.com