

BANG
 MUAY THAI of
 Forest Hill



**Fall 2018
 Weekly CLASS
 SCHEDULE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00—12:00 Open Mat	10:00 – 11:00 Brazilian Jiu-jitsu	10:00 – 11:00 BANG Muay Thai	10:00 – 11:00 Brazilian Jiu-jitsu			11:00—12:00 Brazilian Jiu-jitsu
						BANG Muay Thai 12:00—1:00
	5:00 – 5:30 Little Ninjas	5:00 – 5:30 Little Ninjas	5:00 – 5:30 Little Ninjas	4:30—5:30 JR BANG Muay Thai	BJJ and MMA Private Lessons, available by appt	
	5:30 – 6:30 JR Jiu-jitsu	5:30 – 6:30 JR Jiu-jitsu	5:30 – 6:30 JR Jiu-jitsu	5:30 – 6:30 JR Jiu-jitsu		
	6:30—7:30 Advanced JR Jiu-Jitsu	6:30—7:30 JR BANG Muay Thai	6:30—7:30 Advanced JR Jiu-jitsu	6:30 – 7:30 Advanced BJJ Blue Belt and Up		
	7:30 – 8:30 Brazilian Jiu-jitsu	7:30 – 8:30 BANG Muay Thai	7:30 – 8:30 Brazilian Jiu-jitsu	7:30 – 8:30 BANG Muay Thai	7:00 – 8:00 Adult Open Mat	
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