



































PLAZA ARKADIA @ DESA PARK CITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BRAZILIAN JIU-JITSU (ALL LEVEL) PROF WILLIAM HILL 7:30 - 8:30  (*)		BRAZILIAN JIU-JITSU (ALL LEVEL) PROF WILLIAM HILL 7:30 - 8:30  (*)		BRAZILIAN JIU-JITSU (ALL LEVEL) PROF WILLIAM HILL 7:30 - 8:30  (*)		
					KIDS BRAZILIAN JIU-JITSU (ALL LEVEL) PROF JIN TEE PROF DAVID WELSON 10:00 - 11:00 	
					BRAZILIAN JIU-JITSU (ALL LEVEL) (*) PROF JIN TEE PROF DAVID WELSON 11:15 - 12:15 	
KIDS MUAY THAI (4-13 YEARS OLD) COACH WILLIAM HILL 5:00 - 6:00 	KIDS BRAZILIAN JIU-JITSU (FUNDAMENTAL) PROF WILLIAM SILVA 4:30 - 5:15 	KIDS MUAY THAI (4-13 YEARS OLD) COACH WILLIAM HILL 5:00 - 6:00 	KIDS BRAZILIAN JIU-JITSU (FUNDAMENTAL) PROF MARCELO JUNIOR 4:30 - 5:15 	KIDS WESTERN BOXING COACH WILLIAM HILL 5:30 - 6:30 	BRAZILIAN JIU-JITSU (BEGINNERS ONLY) (*) COACH MITCH FOREMAN 4:00 - 5:00 	BRAZILIAN JIU-JITSU (BEGINNERS ONLY) (*) COACH MITCH FOREMAN 4:00 - 5:00 
	KIDS BRAZILIAN JIU-JITSU (INTERMEDIATE & ADVANCE) PROF WILLIAM SILVA 5:30 - 6:30 		KIDS BRAZILIAN JIU-JITSU (INTERMEDIATE & ADVANCE) PROF MARCELO JUNIOR 5:30 - 6:30 		BRAZILIAN JIU-JITSU (*) COACH MITCH FOREMAN 5:00 - 6:00 	BRAZILIAN JIU-JITSU (*) COACH MITCH FOREMAN 5:00 - 6:00 
					BRAZILIAN JIU-JITSU OPEN MAT (*) COACH MITCH FOREMAN 6:00 - 7:00 	BRAZILIAN JIU-JITSU OPEN MAT (*) COACH MITCH FOREMAN 6:00 - 7:00 
WESTERN BOXING COACH MANOEL FONSECA 6:45 - 7:45  (*)				WESTERN BOXING COACH MANOEL FONSECA 6:45 - 7:45  (*)		
BRAZILIAN JIU-JITSU (BEGINNERS ONLY) (*) COACH MITCH FOREMAN 7:00 - 8:00 	BRAZILIAN JIU-JITSU (BEGINNERS ONLY) (*) PROF SHOMA TSUBOTA 7:00 - 8:00 	BRAZILIAN JIU-JITSU (BEGINNERS ONLY) (*) COACH MITCH FOREMAN 7:00 - 8:00 				
NO-GI COACH MITCH FOREMAN 8:00 - 9:00 	NO-GI PROF SHOMA TSUBOTA 8:00 - 9:00 	BJJ GI & NO-GI COACH MITCH FOREMAN 8:00 - 9:00 	BRAZILIAN JIU-JITSU (*) COACH RAZZI SAAD 8:00 - 9:00 	BRAZILIAN JIU-JITSU (*) COACH HANNIBEL THOMAS 8:00 - 9:00 		
BRAZILIAN JIU-JITSU OPEN MAT (*) COACH MITCH FOREMAN 9:00 - 10:00 	BRAZILIAN JIU-JITSU OPEN MAT (*) PROF SHOMA TSUBOTA 9:00 - 10:00 	BRAZILIAN JIU-JITSU OPEN MAT (*) COACH MITCH FOREMAN 9:00 - 10:00 	BRAZILIAN JIU-JITSU OPEN MAT (*) COACH RAZZI SAAD 9:00 - 10:00 			

(*1) Only for graded students one stripe white belt & above.

(*2) BJJ: Mandatory clean BJJ GI). Mouth Guard highly recommended.

(*3) BJJ mandatory attire (*2) + clean short/long sleeve rash guard under the GI.

(*4) Boxing: Mandatory Boxing gloves, Hand Wraps & Mouth Guard.

Boxing or Wrestling Shoes highly recommended.

(*5) Muay Thai: Mandatory Boxing gloves, Hand Wraps, Mouth Guard, Shin Guards & Muay Thai shorts.

(*6) NO-GI: Mandatory Rash guard/Tight T-shirt, Shorts with no pocket, Mouth Guard.

Sleeveless Top Strictly NOT ALLOWED.

(*7) Wrestling: mandatory NO GI attire (*6) + Wrestling Shoes highly Recommended.

(*8) All MMA classes: mandatory NO GI attire (*6) + mandatory MMA Gloves, Hand Wraps, Boxing Gloves, shin guards & Mouth Guard.

(*9) Strictly for day 1 beginners only.