

Conquer MA - Winter Schedule

Spring Floor

Monday	Tuesday	Wednesday	Thursday	Friday
4:30pm Advanced Class	4:00pm Private Lessons Block	4:30pm Youth Jiu-Jitsu	4:15pm Beginner Class	4:30pm Open Sparring
5:15pm Beginner Class	5:30pm Competition Level 1	5:15pm Advanced Youth Jiu-Jitsu	4:45pm Little Ninja Class	5:30pm BJJ Open Mat
5:45pm Youth BJJ	6:15pm Competition Level 2	5:45pm Black Belt Class	5:15pm Super Ninja Class	6:30pm Advanced Adult/Teen Class
6:30pm Adult/Teen Class	7:00pm Team Conquer	6:30pm 2 nd + 3 rd Degree	5:45pm Little Ninja Class	
7:15pm Adult BJJ		7:15pm Adult/Teen Class	6:15pm Super Ninja Class	
			6:45pm Adult BJJ	

MMA Floor

Monday	Tuesday	Wednesday	Thursday	Friday
4:15pm Competition Open Mat	4:15pm Little Ninja Class	4:15pm Weapons Class	4:30pm Intermediate Class	4:30pm Little Ninja, Super Ninja, & Beginner Open Mat
5:00pm Black Belt Class	4:45pm Beginner Class	5:00pm Advanced Class	5:15pm Advanced Class	5:15pm Intermediate – Advanced Open Mat
5:45pm Adult Black Belt	5:15pm Super Ninja Class	5:45pm Advanced Adult/Teen Class	6:00pm Sparring Class	6:00pm Black Belt and Adult Open Mat
6:30pm Intermediate Class	5:45 pm Intermediate Class		6:45pm Black Belt Class	
	6:30pm Beginner Class		7:30pm 2 nd and 3 rd Degree	
	7:15pm Adult/Teen Class			

