



Fifty/50 Martial Arts Academy

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30-7:30am	All Levels BJJ Gi		All Levels BJJ Nogi				
10:30-11:30am	Kickboxing		Kickboxing		Kickboxing	10-11am Juniors Judo	
11:30am-12:30pm	All Levels BJJ Nogi	All Levels BJJ Gi	All Levels BJJ Nogi	All Levels BJJ Gi	All Levels BJJ Nogi	11am-12pm Women's BJJ All Levels BJJ Gi	
						12-1:30pm Competition Team	12-1pm Kickboxing
1-2:30pm	Professional Training No-Gi/MMA	Professional Training No-Gi/MMA	Professional Training No-Gi/MMA	Professional Training No-Gi/MMA	Professional Training No-Gi/MMA	1:30-2:30pm Judo	12-2pm Open Mat
4:30-5pm	Minis BJJ		Minis BJJ				
5-6pm	Teens BJJ 4:45-6pm	Juniors BJJ	Teens BJJ 4:45-6pm	Juniors BJJ	Mini BJJ 5-5:30pm Combat Club	3:30-5pm Teens Wrestling	
6-7pm	BJJ Fun I No-Gi BJJ Fun II No-Gi	BJJ Fun I Gi BJJ Fun II Gi	BJJ Fun I No-Gi BJJ Fun II No-Gi	BJJ Fun I Gi BJJ Fun II Gi	Kickboxing (Sparring) BJJ Fun II Gi		
7-8pm	BJJ Advanced No-Gi 7-8:15pm Kickboxing Wrestling 8-9pm	BJJ Advanced Gi 7-8:15pm Kickboxing	BJJ Advanced No-Gi 7-8:15pm Kickboxing	BJJ Advanced No-Gi 7-8:15pm Kickboxing	Judo Wrestling		
8:15-9:15pm	Judo	Judo	Judo	Judo			

Adult Programs

Fun I = Beginners up to 6 months exp
 Fun II = Students w 6+ months exp
 All Levels BJJ = 6+ months exp (or instructor approval)
 Advanced = Blue Belts & above
 BJJ Competition Team = Adults Only - Tryout required
 Wrestling = All-Levels (Beginners welcome)
 Black Belt Training No-gi = BJJ Black Belts & Professional MMA (or invite-only)
 Kickboxing = All Levels
 Kickboxing Sparring = 6+ months
 Judo = All-Levels
 Women's BJJ - All Levels (Teens 13+)

Youth Programs

Minis BJJ = Pre-school & Kindergarden
 Juniors BJJ = 1st-6th Grade
 Juniors Judo = 1st-6th Grade
 Teens BJJ = 7th-12th Grade
 Teens Wrestling = 7th-12th Grade
 Teens Judo = 13+ should attend Adult Judo classes