



- Adult All levels welcome
- Advanced Classes
- Kids Classes



Please download the LINE app on your phone for all daily updates, class outlines for the day and time changes due to weather or holidays. Search gbwestcounty
You never miss anything!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Adult Fundamentals</u> 12pm-12:45pm		<u>Adult Fundamentals</u> 12pm-12:45pm		<u>Adult Fundamentals</u> 12pm-12:45pm	<u>Conditioning</u> 10:00am-10:45am
<u>Little Champs</u> 4yrs to 6yrs 4:30pm-5:00pm	<u>Little Champs</u> 4yrs to 6yrs 4:30pm-5:00pm	<u>Little Champs</u> 4yrs to 6yrs 4:30pm-5:00pm	<u>Little Champs</u> 4yrs to 6yrs 4:30pm-5:00pm		<u>All Level Adult BJJ</u> 11:00-11:45
<u>Juniors</u> 7yrs to 12yrs 5:00pm-5:45pm With Coach Jonny	<u>Juniors</u> 7yrs to 12yrs 5:00pm-5:45pm With Coach Jonny	<u>Juniors</u> 7yrs to 12yrs 5:00pm-5:45pm With Coach Jonny	<u>Juniors</u> 7yrs to 12yrs 5:00pm-5:45pm With Coach Jonny	<u>Juniors MMA & No Gi</u> 5:00pm-5:45pm	
<u>Advanced BJJ</u> 6:00pm to 6:45	<u>Kickboxing</u> 6:00-6:45pm	<u>Advanced BJJ</u> 6:00pm to 6:45	<u>Kickboxing</u> 6:00-6:45pm	Adult All Levels 6:00pm –7:00pm	
<u>Adult Fundamentals</u> 7:00pm-7:45pm	<u>Adult Fundamentals</u> 7:00pm-7:45pm	<u>Adult Fundamentals</u> 7:00pm-7:45pm	<u>Adult All Levels</u> 7:00pm-7:45pm		
<u>Open Mat</u> 8:00 –9:00pm	<u>Open Mat</u> 8:00 –9:00pm	<u>Open Mat</u> 8:00 –9:00pm	<u>Drilling & Sparring</u> 8:00 –9:00pm		

Info@gbwestcounty.com

314-550-0507 –Call or Text