

IMBCT Weekly Class Schedule					
Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 AM - 7:00 AM					
	Open Gym	Brazilian Jiu Jitsu	Open Gym	Brazilian Jiu Jitsu	Open Gym
Private Lessons Available					
Kids 6:00 PM - 7:00 PM					
	Kids Striking	Brazilian Jiu Jitsu		Kids Striking	Brazilian Jiu Jitsu
Women's 6:00 PM - 7:00 PM					
		Introduction to Women's Fitness and Mixed Martial Arts	Introduction to Women's Fitness and Mixed Martial Arts		Introduction to Women's Fitness and Mixed Martial Arts
ADULTS 6:00 PM - 7:00 PM					
	Striking	Judo	Striking /Jun- Fan Jeet Kune Do Concepts	MMA	Open Mat
ADULTS 8:00 PM - 9:00 PM					
	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Filipino Martial Arts (Kali/Eskrima/Arnis)	Wrestling	Open Mat (Continued)