



137 Eisenhower Ct
Nicholasville, KY
40356

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		AFTERNOON SCHEDULE			
		Adult Brazilian Jiu-Jitsu 6:45am			
		MUAY THAI 9:30am			Sparring/MMA 10:15am
Adult Brazilian Jiu-Jitsu 11:15am	Boxing 11:15am	Adult Brazilian Jiu-Jitsu 11:15am	Boxing 11:15am	Adult Brazilian Jiu-Jitsu 11:15am	Adult Brazilian Jiu-Jitsu/No-Gi 11:30am
		EVENING SCHEDULE			
Youth Brazilian Jiu-Jitsu (15 and Under) 5:30pm	Youth Boxing/No-Gi Jiu-Jitsu (15 and Under) 5:30pm	Kids BJJ (7 years old and under) 5:45pm	Youth Boxing/No-Gi Jiu-Jitsu (15 and Under) 5:30pm	Youth Brazilian Jiu-Jitsu (15 and Under) 5:30pm	
	Adult Basic Brazilian Jiu-Jitsu 5:45pm		Adult Basic Brazilian Jiu-Jitsu 5:45pm		
Adult Brazilian Jiu-Jitsu 6:30pm	Boxing 6:30pm	Adult Brazilian Jiu-Jitsu/No-Gi 6:30pm	Boxing 6:30pm	OPEN MAT 6:30pm	
MUAY THAI 8:00pm	Adult Brazilian Jiu-Jitsu 7:30pm	MUAY THAI 8:00pm	Adult Brazilian Jiu-Jitsu 7:30pm	MUAY THAI 7:30pm	

Call 859-913-2013 to schedule a free week trial