

Adult programs

Weekly start times · Houston local time (America/Chicago)

BJJ and Women's BJJ: ages 14+. Other adult programs are labeled Adults.

Monday		Tuesday	
6:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed	6:00 AM	Muay Thai Adults · All levels
6:30 AM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels	6:30 AM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels
9:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed	9:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed
9:30 AM	Competition BJJ Ages 14+ · Competition; blue belt	10:00 AM	MMA Adults · Level not specified
11:00 AM	Muay Thai Adults · All levels	10:00 AM	Women's BJJ Ages 14+ · Gi; all levels
12:00 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels	11:00 AM	Muay Thai Adults · All levels
6:00 PM	Cardio Kickboxing Adults · Fitness-focused; no level printed	12:00 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels
6:00 PM	Muay Thai Adults · All levels	6:00 PM	Cardio Kickboxing Adults · Fitness-focused; no level printed
6:30 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels	6:00 PM	Muay Thai Adults · All levels
7:00 PM	Wrestling Adults · No level printed	6:30 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels
7:00 PM	Muay Thai Sparring Adults · Sparring; all levels; participation optional	7:00 PM	Muay Thai Advanced Adults · Advanced focus; all levels
7:30 PM	Advanced BJJ Ages 14+ · Advanced; White belt with at least three stripes, or a higher belt	7:30 PM	Advanced BJJ Ages 14+ · Advanced; White belt with at least three stripes, or a higher belt

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Wednesday		Thursday	
6:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed	6:00 AM	Muay Thai Adults · All levels
6:30 AM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels	6:30 AM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels
9:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed	9:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed
9:30 AM	Competition BJJ Ages 14+ · Competition; blue belt	10:00 AM	MMA Adults · Level not specified
11:00 AM	Muay Thai Adults · All levels	10:00 AM	Women's BJJ Ages 14+ · Gi; all levels
12:00 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels	11:00 AM	Muay Thai Adults · All levels
6:00 PM	Muay Thai Adults · All levels	12:00 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels
6:30 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels	6:00 PM	Cardio Kickboxing Adults · Fitness-focused; no level printed
7:00 PM	Muay Thai Sparring Adults · Sparring; all levels; participation optional	6:00 PM	Muay Thai Adults · All levels
7:00 PM	Wrestling Adults · No level printed	6:30 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels
7:30 PM	Advanced BJJ Ages 14+ · Advanced; White belt with at least three stripes, or a higher belt	7:00 PM	Muay Thai Advanced Adults · Advanced focus; all levels
		7:30 PM	No-Gi BJJ Ages 14+ · No-Gi; all levels

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Friday		Saturday	
6:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed	10:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed
6:30 AM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels	11:00 AM	Muay Thai Adults · All levels
9:00 AM	Cardio Kickboxing Adults · Fitness-focused; no level printed	12:00 PM	BJJ Fundamentals Ages 14+ · Fundamentals; all levels
11:00 AM	Muay Thai Adults · All levels		
6:00 PM	Muay Thai Adults · All levels		
6:30 PM	No-Gi BJJ Ages 14+ · No-Gi; all levels		

Kids programs

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Age groups and class levels are listed with each session.

Monday	Tuesday	Wednesday
4:45 PM Tiny Champs Ages 3-4 · Age division	4:45 PM Little Champs 2 Beginners Ages 7-12 · Beginners	4:45 PM Tiny Champs Ages 3-4 · Age division
5:00 PM Youth Kickboxing Ages 7-13 · All levels	5:00 PM Youth Kickboxing Ages 7-13 · All levels	5:00 PM Youth Kickboxing Ages 7-13 · All levels
5:00 PM Kids No-Gi Ages 7-13 · No-Gi	5:30 PM Little Champs 2 Ages 7-13 · Age division	5:30 PM Little Champs Ages 5-6 · Age division
5:30 PM Little Champs Ages 5-6 · Age division	7:00 PM Kids Wrestling Ages 6+ · Kids	6:00 PM Kids No-Gi Ages 7-13 · No-Gi
Thursday	Friday	Saturday
4:45 PM Little Champs 2 Beginners Ages 7-12 · Beginners	5:00 PM Youth Kickboxing Ages 7-13 · All levels	10:00 AM Combined Kids BJJ Ages 3-6 · Combined age group; Saturday only
5:00 PM Youth Kickboxing Ages 7-13 · All levels	5:30 PM Little Champs 2 Ages 7-13 · All levels	10:00 AM Youth Kickboxing Ages 7-13 · All levels
5:30 PM Little Champs 2 Ages 7-13 · Age division		11:00 AM Little Champs 2 Ages 7-13 · All levels
7:00 PM Kids Wrestling Ages 6+ · Kids		