

CLASS SCHEDULE



CENTRAL FRISCO
972.837.9230

KID CLASSES	BRAZILIAN JIU JITSU		KICKBOXING		BRAZILIAN JIU JITSU
	MON	TUES	WED	THUR	FRI
LITTLE WARRIOR	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00	3:30 - 4:00▼
BASIC WARRIOR	4:00 - 4:30	6:15 - 6:45	4:00 - 4:30	5:30 - 6:00	4:00 - 4:30▼
WARRIOR 1	4:30 - 5:15	4:00 - 4:45	4:30 - 5:15	4:00 - 4:45	4:30 - 5:15▼
WARRIOR 2	5:15 - 6:00	4:45 - 5:30	5:15 - 6:00	4:45 - 5:30	4:30 - 5:15▼
BJJ COMPETITION TEAM	6:00 - 7:00				5:15 - 6:15▼
KIDS WRESTLING		5:30 - 6:15	6:00 - 6:45	6:00 - 6:45	6:15 - 7:00
ADULT CLASSES					
BOXING	12:00 - 1:00	12:00 - 1:00	12:00 - 1:00	12:00 - 1:00	12:00 - 1:00
ADULT AND TEEN BJJ	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00▼	7:00 - 8:00	7:00 - 8:00▼

▼No Gi Class

6803 Preston Road
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Preston and Stonebrook by AutoZone

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