

Equinox Academy Adults Timetable

	Monday			Tuesday			Wednesday			Thursday			Friday
11:00 AM				Muay Thai Adults All Levels						Muay Thai Adults All Levels			
12:00 PM				Jiu Jitsu Adults GI Intermediates & Above						Jiu Jitsu Adults GI Intermediates & Above			
1:00 PM													
5:30 PM	Jiu Jitsu Kids & Adults Women Only Class GI												
6:00 PM													
6:30 PM	Jiu Jitsu Adults GI Advanced			Jiu Jitsu Adults NOGI Intermediates & Above	Jiu Jitsu Adults NOGI Fundamentals	Muay Thai Adults All Levels	Jiu Jitsu Adults GI Advanced			Jiu Jitsu Adults NOGI Intermediates & Above	Jiu Jitsu Adults NOGI Fundamentals	Muay Thai Adults All Levels	Jiu Jitsu Adults GI Intermediates & Above
7:30 PM	Jiu Jitsu Adults GI Intermediates & Above	Jiu Jitsu Adults GI Fundamentals	Muay Thai Adults All Levels	MMA Adults All Levels	Jiu jitsu Adults Open Mat		Jiu Jitsu Adults GI Intermediates & Above	Jiu Jitsu Adults GI Fundamentals	Muay Thai Adults All Levels	MMA Adults - All Levels	Jiu jitsu Adults Open Mat		
8:30 PM	Gym Closed												
	Saturday												
10:00 AM	Jiu Jitsu Adults GI Advanced		Muay Thai Adults All Levels										
11:00 AM													
11:15 AM	Jiu Jitsu Adults GI - Intermediates & Above	Jiu Jitsu Adults GI Fundamentals											
12:15 PM	Gym Closed												