



Armory Jupiter Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Strength & Conditioning MMA Fitness	BJJ Fundamentals Grappling	Strength & Conditioning MMA Fitness	BJJ Fundamentals Grappling	Strength & Conditioning MMA Fitness	
8:00 AM	Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness	Real World Self Defense MMA Fitness
9:00 AM	Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness	Strength & Conditioning MMA Fitness
						BJJ Fundamentals Grappling
10:00 AM						No Gi Jiu-Jitsu Grappling
11:00 AM	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Open Mat Grappling	Kickboxing MMA Fitness
4:00 PM	Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness		Strength & Conditioning MMA Fitness	
5:00 PM	Kickboxing Youth Program	Brazilian Jiu-Jitsu Youth Program	No Gi Jiu-Jitsu Youth Program	Brazilian Jiu-Jitsu Youth Program	Brazilian Jiu-Jitsu Lab Grappling	
				Real World Self Defense MMA Fitness		
6:15 PM	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Sparring Class MMA Fitness	
		BJJ Fundamentals Grappling		BJJ Fundamentals Grappling		
7:30 PM	Kickboxing MMA Fitness	Brazilian Jiu-Jitsu Grappling	Kickboxing MMA Fitness	Brazilian Jiu-Jitsu Grappling		
	No Gi Jiu-Jitsu Grappling		No Gi Jiu-Jitsu Grappling			

Eff 8/9/2010

- Remain in Proper Warm-up Area
- Clean Uniform and Hygiene are a Must
- Never Disturb a Class in Session
- All Guests Should Remain in Seating Area
- Quietly Stretch and Prepare for Class
- Children Must Remain in Designated Areas
- All Jewelry Must be Removed Prior to Class