



CURRAN MARTIAL ARTS ACADEMY



Training/Program Schedule

KIDS/JUNIOR SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lil' Champions		5pm Front Mat		5pm Front Mat		
Total Defense	5pm Back Mat		5pm Back Mat		5pm Back Mat	12pm Front Mat
Kid's/Jr. Jiu-Jitsu		5pm Back Mat		5pm Back Mat		11am Front Mat

ADULT TRAINING SCHEDULE

Thaiboxing (mixed level)	6pm Back Mat	11am/6pm Back Mat		11am/6pm Back Mat	6pm Back Mat	11am Back Mat
Thaiboxing (beginner)			6pm Back Mat			
Jiu-Jitsu (white belt)		6pm Front Mat				
Jiu-Jitsu (Mixed Levels)	12pm/7pm Back Mat	7pm Back Mat	12pm/7pm Back Mat	7pm Back Mat	12pm/7pm Back Mat	12pm Back Mat
Jiu-Jitsu (Blue and Up)				6pm Front Mat		
Nogi (+ 6 months or 2 stripe white)		12pm Front Mat		12pm Front Mat		
MMA (Advanced Only)	6pm Front Mat	7pm Front Mat	6pm Conditioning 7pm Wresting	7pm Front Mat		
Sparring (Advanced Only)		8pm Front Mat		8pm Front Mat		

Class Description

LIL CHAMPIONS
Kid's Thaiboxing ages
3-5 yrs. Old

TOTAL DEFENSE
Kid's Thaiboxing with
self defense.

THAIBOXING
Stand up striking, pad
work and sparring.

JIU-JITSU
Beginners and mixed
Brazilian Jiu-Jitsu
classes.

NOGI
Brazilian Jiu-Jitsu
without the gi.
(+ 6 months or 2
stripe white)

MMA & SPARRING
Fighter Training
(+6 months
BJJ & Thai)