

IMPACT

Jiu Jitsu

4240 SW Cedar Hills Boulevard
Beaverton, OR 97005

503-350-3926

www.impactjj.com

BEAVERTON CLASS SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00am	Metabolic Circuit		Metabolic Circuit		Metabolic Circuit		Private Lessons by Appointment
7:00 - 8:00am	BJJ 1		BJJ 1		BJJ 1	Metabolic Circuit (9-10am)	
10:00 - 11:00am						BJJ 1 No-Gi	
11:00 - 12:00pm						BJJ 3 MMA	
12:00 - 1:00pm		BJJ 1 & 2		BJJ 1 & 2	MMA 1	Open Gym	
4:30 - 5:30pm	Big Cubs / Teens	Big Cubs / Teens	Big Cubs / Teens	Big Cubs / Teens	Big Cubs / Teens	<p>SCHEDULE NOTES</p> <ol style="list-style-type: none"> Members may participate in free training during normal business hours in areas where no instructional class is in session. Schedule can change without prior notice. <p>PROGRAMS</p> <p>BJJ: Brazilian Jiu Jitsu/Submission Wrestling</p> <p>MMA: Mixed Martial Arts/Stand-up Fighting</p> <p>No-gi: No-gi Submission Grappling</p> <p>Metabolic Circuit: Strength & Conditioning Circuit Class</p> <p>ATP: Accelerated Training Program</p> <p>CU: Coaching University</p> <p>Little Cubs: Youth, ages 4-7</p> <p>Big Cubs: Youth, ages 8-12</p> <p>Teens: Youth, ages 13-17</p>	
5:30 - 6:00pm	Little Cubs		Little Cubs		Little Cubs		
5:30 - 6:30pm	Metabolic Circuit		Metabolic Circuit		No-Gi (5-6pm)		
6:00 - 7:00pm		BJJ 1 BJJ 2		BJJ 1 MMA/Kickboxing (6-7:30)	BJJ 1		
6:30 - 7:30pm	BJJ (Sparring)		BJJ 3				
7:00 - 8:00pm	BJJ 1/Judo	MMA/Kickboxing (7-8:30pm)	BJJ 1	BJJ 2			
8:00 - 9:00pm	MMA	MMA	No-Gi	MMA			
8:00 - 9:30pm	ATP		CU				

Effective: August 2010