

Kids Programs

# COMBAT SPORTS ACADEMY

MMA • MUAY THAI • KRAV MAGA • JIU-JITSU • CROSSFIT

Kids Programs

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:45PM			<b>CrossFit Kids Elementary Ages 5 - 7</b>		<b>CrossFit Kids Elementary Ages 5 - 7</b>		
4:30PM		Muay Thai	<b>CrossFit Kids Junior Varsity Ages 8 - 12</b>	Muay Thai	<b>CrossFit Kids Junior Varsity Ages 8 - 12</b>	Muay Thai	
4:30PM			<b>CrossFit Teens</b>		<b>CrossFit Teens</b>		
4:30PM		<i>Pocket Ninjas GracieFigher Kids Brazilian Jiu-Jitsu GI Only</i>		<i>Pocket Ninjas GracieFigher Kids Brazilian Jiu-Jitsu GI Only</i>			
5:30 PM		<b>GracieFigher Kids Brazilian Jiu-Jitsu (GI Only)</b>	<b>GracieFigher Kids Brazilian Jiu-Jitsu (No Gi)</b>	<b>GracieFigher Kids Brazilian Jiu-Jitsu (GI Only)</b>	<b>GracieFigher Kids Brazilian Jiu-Jitsu (No Gi)</b>		