

TMC CLASS SCHEDULE 2025

Please check the definitions of each class and its classification. Each class has its own specification. If you have questions get in touch.

TIME		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
06:00	AM	FUND. CLASS BJJ		FUND. CLASS BJJ		NOGI OPEN MAT		
06:00	AM	ADV. CLASS BJJ	ADV. CLASS BJJ	ADV. CLASS BJJ	ADV. CLASS BJJ			
07:10	AM	NOGI		NOGI				
09:00	AM						KIDS OPEN MAT/ KIDS COMP. BJJ	
09:00	AM						WOMENS SELF DEFENSE (!)	
10:00	AM						WOMENS ONLY BJJ	
10:00	AM						KICKBOXING CLASS (All Levels)	
11:00	AM						BJJ OPEN MAT	
11:00	AM						KICKBOXING OPEN MAT	
12:00	PM	ALL LEVELS BJJ		ALL LEVELS BJJ				
04:30	PM	JUNIORS BJJ	JUNIORS BJJ (NOGI)	JUNIORS BJJ	JUNIORS BJJ (NOGI)			
04:30	PM	TEENS CLASS BJJ	KIDS COMP. BJJ	TEENS CLASS BJJ	KIDS COMP. BJJ			
05:10	PM	KIDS CLASS BJJ	KIDS CLASS BJJ (NOGI)	KIDS CLASS BJJ	KIDS CLASS BJJ (NOGI)			
05:10	PM		TEENS CLASS (NOGI)		TEENS CLASS (NOGI)			
06:00	PM	FUND. CLASS BJJ	NOGI	FUND. CLASS BJJ	NOGI			
06:00	PM	MMA CLASS	WOMENS ONLY BJJ	MMA CLASS	WOMENS ONLY BJJ			
07:00	PM	ADV. CLASS BJJ		ADV. CLASS BJJ				
07:10	PM		ADV. CLASS BJJ		ADV. CLASS BJJ			
07:30	PM	KICKBOXING	BOXING	KICKBOXING	BOXING			
		FUND. CLASS BJJ	FUNDAMENTALS CLASS: specific class for beginners (0-2 stripes white belt)					
		ADV. CLASS BJJ	ADVANCED CLASS: Specific Class for graduation 2 stripes (white belt) and up					
		NOGI	All levels (white belt and up). Age 16yo and up					
		JUNIORS BJJ	specific class for children aged 3 to 6 (all levels)					
		KIDS CLASS BJJ	specific class for children aged 7 to 11 (all levels)					
		TEENS CLASS BJJ	specific class for children aged 12 to 15 (all levels)					

	KIDS COMP. BJJ	Specific class for Competition Students (not open to everyone, need to be scheduled)	
	WOMENS SELF DEFENSE (!)	Each 1st and 3rd Saturday of the month (Pre-register for class)	