

## TMC CLASS SCHEDULE 2025

Please review the definitions and classifications of each class, as each one has distinct specifications.

TIME	MONDAY & WEDNESDAY		TUESDAY & THURSDAY							
	MAT 1	MAT 2	MAT 1	MAT 2						
06:00 AM	Fundamentals BJJ	Advanced BJJ		ADVANCED. CLASS BJJ						
07:10 AM	NOGI									
12:00 PM	Mixed Levels BJJ									
04:30 PM	Juniors BJJ		JUNIORS BJJ (NOGI)							
04:40 PM		Advanced Kids BJJ		Advanced Kids BJJ (NOGI)						
05:10 PM	Fundamentals Kids BJJ		Fundamentals Kids BJJ (NOGI)							
05:10 PM										
06:00 PM	Fundamentals BJJ	KICKBOXING KIDS	WOMEN's Only BJJ	NOGI						
07:00 PM		KICKBOXING	WRESTLING KIDS							
07:10 PM	Advanced BJJ		Advanced BJJ							
07:30 PM										
08:00 PM		MMA								
	FRIDAY		SATURDAY							
	MAT 1	MAT 2	MAT 1	MAT 2						
06:00 AM	NOGI OPEN MAT									
09:00 AM			Kids BJJ Open Mat							
10:00 AM			Mixed Level BJJ	KICKBOXING CLASS						
11:00 AM			BJJ Open Mat (GI&NOGI)	KICKBOXING SPARRING						
05:30 PM	ADULT WRESTLING FOR BJJ									
06:00 PM										
07:00 PM										
	DEFINITION OF THE CLASSES:									
	Fundamentals BJJ	Beginners on Jiu Jitsu (white belts 0-2 stripes)								
	Advanced BJJ	White belts (up to 1 stripe), blue, purple, brown and black belts)								
	Juniors BJJ	Group Age: 4-6 years old								
	Fundamentals Kids BJJ	Group Age: 7-13 years old • Level: white and Grey belts								
	Advanced Kids BJJ	Group Age: 7-13 years old • Level: Yellow, Orange and Green belts								
	Kickboxing Kids	Group Age: 6-12 years Old (all levels)								
	WRESTLING KIDS	Group Age: 4-13 years Old (all levels)								