

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 & 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	BABY BJJ	KIDS Competition training	BABY BJJ (NOGI)	KIDS Competition training (Nogi) Tuesdays Only	
05:10 PM	KIDS 1 BJJ	KIDS 2 BJJ	KIDS 1 & 2 BJJ (NOGI)		
06:00 PM	Fundamentals BJJ	KICKBOXING KIDS	WOMEN's Only BJJ	NOGI	
07:00 PM		KICKBOXING		BOXE	
07:10 PM	Advanced BJJ		Advanced BJJ		
08:00 PM		MMA			
	FRIDAY	SATURDAY	SCHEDULE YOUR 3 DAY TRIAL		
		MAT 1			MAT 2
06:00 AM	NOGI OPEN MAT				
10:00 AM		Mixed Level BJJ			KICKBOXING CLASS
11:00 AM		BJJ Open Mat (GI&NOGI)			KICKBOXING SPARRING
05:30 PM	Takedown Open Mat				
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)			
	BABY BJJ	Group Age: 3-5 years old			
	KIDS 1 BJJ	Group Age: 6-13 years old • Level: white to Grey belts			
	KIDS 2 Bjj	Group Age: 6-13 years old • Level: Grey/black to green belt			
	Kickboxing Kids	Group Age: 5-12 years Old (all levels)			
	KIDS Competition training	30min class			