



# CANDAL'S MARTIAL ARTS & BRAZILIAN JIU JITSU

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| MONDAY                                      | TUESDAY                                     | WEDNESDAY                                    | THURSDAY                                    | FRIDAY                                      | SATURDAY                                           | SUNDAY                 |
|---------------------------------------------|---------------------------------------------|----------------------------------------------|---------------------------------------------|---------------------------------------------|----------------------------------------------------|------------------------|
| ADULT JIU JITSU<br>9:00am - 10:00am         | ADULT JIU JITSU<br>9:00am - 10:00am         | ADULT JIU JITSU<br>9:00am - 10:00am          | ADULT JIU JITSU<br>9:00am - 10:00am         |                                             | KIDS & ADULTS JIU<br>JIU JITSU<br>9:00am - 10:00am | BY APPOINTMENT<br>ONLY |
|                                             |                                             |                                              |                                             |                                             | YOGA<br>10:00am - 11:00pm                          |                        |
| ADVANCED CMA<br>2:00pm - 3:00pm             |                                             | ADVANCED CMA<br>2:00pm - 3:00pm              |                                             |                                             | ADULT KICKBOXING<br>11:00am - 12:00pm              |                        |
|                                             |                                             |                                              |                                             |                                             | TEEN CMA (11-16yr)<br>12:00pm - 1:00pm             |                        |
| PEE WEE<br>CMA (4-5yr)<br>3:30-4:00pm       | PEE WEE<br>CMA (4-5yr)<br>3:30-4:00pm       | PEE WEE<br>CMA (4-5yr)<br>3:30-4:00pm        | PEE WEE<br>CMA (4-5yr)<br>3:30-4:00pm       | PEE WEE<br>CMA (4-5yr)<br>3:30-4:00pm       | BLACK BELT CMA<br>1:00pm - 1:30pm                  |                        |
| LITTLE DRAGON<br>CMA (6-8yr)<br>4:00-4:30pm | LITTLE DRAGON<br>CMA (6-8yr)<br>4:00-4:30pm | LITTLE DRAGON<br>CMA (6-8yr)<br>4:00-4:30pm  | LITTLE DRAGON<br>CMA (6-8yr)<br>4:00-4:30pm | LITTLE DRAGON<br>CMA (6-8yr)<br>4:00-4:30pm |                                                    |                        |
|                                             |                                             |                                              |                                             |                                             |                                                    |                        |
| ADULT KICKBOXING<br>5:00pm - 6:00pm         | KIDS CMA (8-12yr)<br>5:20pm - 6:10pm        | ADULT KICKBOXING<br>5:00pm - 6:00pm          | KIDS CMA (8-12yr)<br>5:20pm - 6:10pm        | ADULT KICKBOXING<br>5:00pm - 6:00pm         |                                                    |                        |
| KIDS BJJ (8-12yr)<br>6:10pm - 7:10pm        | ADULT/TEEN BJJ<br>6:10pm - 7:10pm           | KIDS/TEEN<br>MMA (9-16yr)<br>6:10pm - 7:10pm | ADULT/TEEN BJJ<br>6:10pm - 7:10pm           | KIDS BJJ (8-12yr)<br>6:10pm - 7:10pm        |                                                    |                        |
| ADULT BJJ<br>7:10pm - 8:30pm                | ADULT KICKBOXING<br>7:30pm - 8:30pm         | ADULT BJJ<br>7:10pm - 8:30pm                 | ADULT KICKBOXING<br>7:30pm - 8:30pm         | ADULT BJJ<br>7:10pm - 8:30pm                |                                                    |                        |