



2199 South Sheridan Boulevard Denver, CO 80227
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Safe Side 3 - 5 years old
 Juniors 6-11 years old
 Adults Beg. 12+ years old
 Inter & Advanced 12+ years old

Curriculum Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Safe Side (3-5 years old)	4:45 PM	4:30 PM	5:30 PM	4:45 PM			
Juniors (6 - 11 years old)		5:00 PM	4:45 PM	5:15 PM			
Adult Beginner (12+ years old)	6:00 PM			6:00 PM			
Intermediate & Advanced Combo	5:15 PM			6:45 PM			
Adult All Ranks			6:45 PM				
Black Belt Club and/or Add on Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MMA Street Application (Kickboxing, Jiu Jitsu, Muay Thai)		6:45 PM		7:30 PM			
Escrima			7:30 PM			8:30 AM	
Sparring all ages		5:45 PM					
Jiu Jitsu	7:00 PM						
Kata: Weapons			6:00 PM				
Kata: Competition Team (invitation only)						9:00 AM	
Day Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult - All Ranks		9:00 AM		9:00 AM			
MMA Street Application (Kickboxing, Jiu Jitsu, Muay Thai)		10:00 AM		10:00 AM		10:00 AM	
Striking		5:30 AM		5:30 AM			
Training Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fight Club (Invitation only)						11:30 AM	
Prep Cycle Classes (For Green belts and above (required), purple & blue belts (optional) *occur 5 weeks prior to testing		7:30 PM				1:00 PM	
BELT TESTING	Private Lessons available by appointment						
Belt Testing is conducted quarterly.	Private lessons offer additional personalized attention, allowing you to focus on specific techniques and receive immediate feedback. They are great for refining your skills, especially before important events like tests or tournaments.						
There is a \$25.00 testing fee due before each test. Weapons Testing is \$20.00, due before each test.	Testing Time(s):						
	11 & under starts at 5:30 PM						
All 6-9 year olds will be double tested. 3 months for progression sticker/6 months for belt	Adult Beginner (12+) starts at 6:30 PM						
	Intermediate/Advanced combo starts at 7:30 PM						
	**Updated & Effective 1/1/2025						