



2199 South Sheridan Boulevard Denver, CO 80227
 303-886-1376
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Safe Side 3 - 5 years old
 Juniors 6-11 years old
 Adults 12 + years old
 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)	5:15 PM	5:00 PM	4:45 PM	5:15 PM			
Adult Beginner & Intermediate (12+ years old)	6:00 PM			6:00 PM			
Adult Advanced (12+ years old)	6:45 PM			6:45 PM			
Adult all ranks			6:45 PM				
Add on Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Black Belt Leadership	7:30 PM		
MMA Street Application (Kickboxing, Jiu Jitsu, Muy Thai)		7:00 PM		7:30 PM			
Escrima			7:30 PM			9:00 AM	
Sparring all ages		5:45 PM					
Kata: Competition Team						9:00 AM	
Day Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Adult - All Ranks		9:00 AM		9:00 AM	9:00 AM		
MMA Street Application (Kickboxing, Jiu Jitsu, Muy Thai)		10:00 AM		10:00 AM	10:00 AM	10:00 AM	
Training Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fight Club						11:30 AM	
Belt Testing is conducted quarterly. There is a \$25.00 testing fee due before each test.				Private Lessons available by appointment 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.			
Testing Time(s):							
11 & under starts at 6:00 PM							
Adults (12+) starts at 7:00 PM							
**Updated & Effective 5/28/24							