

# TRIUMPH FIGHT ACADEMY WEEKLY SCHEDULE



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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAT 1 6:15 am	-	-	Adult BJJ NoGI	Adult BJJ	Adult BJJ	Adult BJJ NoGI	-
MAT 2 6:15 am	-	-	-	-	-	-	-
MAT 1 10:00 am	-	-	-	-	-	-	Adult Wrestling
MAT 2 10:00 am	-	-	-	-	-	-	Adult Open Mat
MAT 1 11:00 am	-	Kids BJJ	-	Kids BJJ	-	Kids NoGI BJJ	Adult Open Mat
MAT 1 12:00 pm	-	Adult BJJ NoGI	-	Adult BJJ NoGI	-	Adult BJJ	Adult KB/ Muay Thai
MAT 1 4:00 pm	-	Kids Judo	Kids Wrestling	Kids Judo	Kids Wrestling	Kids MMA Fundamentals	-
CAGE 4:15 pm	-	Kids Intro to Martial Arts	Kids Intro to Martial Arts	Kids Intro to Martial Arts	Kids Intro to Martial Arts	-	-
MAT 1 5:00 pm	-	Kids BJJ	Kids NoGI BJJ	Kids BJJ	Kids BJJ NoGI	Kids KB/ Muay Thai	-
MAT 2 5:00 pm	-	-	Kids KB/ Muay Thai	Women's Only BJJ	Kids KB/ Muay Thai	-	-
MAT 1 6:15 pm	-	Adult BJJ Fundamentals	Adult BJJ Fundamentals NoGI	Adult BJJ Fundamentals	Adult BJJ Fundamentals NoGI	Adult BJJ Fundamentals	-
MAT 2 6:15 pm	-	Adult KB/Muay Thai Fundamentals	Adult KB/Muay Thai Fundamentals	Adult KB/Muay Thai Fundamentals	Adult KB/Muay Thai Fundamentals	Adult MMA Striking	-
MAT 1 7:15 pm	-	Adult BJJ	Adult BJJ NoGI	Adult BJJ	Adult BJJ NoGI	-	-
MAT 2 7:15 pm	-	Adult Boxing	Adult KB/ Muay Thai	Adult MMA Striking	Adult KB/ Muay Thai	-	-
MAT 1 8:15 pm	-	-	-	Adult MMA Wrestling	-	-	-
MAT 2 8:15 pm	-	-	Adult MMA	-	Adult MMA	-	-

UPDATED  
07/01/24