# Triumph Fight Academy Kids Class Schedule + Pricing

# **Little Kids Program** Ages 3-5. The little kids learn everything the older kids do, but in more fun and simple ways. No gear or uniform needed.

Monday

4:15pm - Intro to Martial Arts

#### Tuesday

4:15pm - Intro to Martial Arts

Wednesday 4:15pm - Intro to Martial Arts

Thursday 4:15pm - Intro to Martial Arts

Kids Program Ages 6-12. We offer Jiu Jitsu (GI and NoGI), Kickboxing/Muay Thai, Judo, Wrestling and MMA. Self Defense is learned in each class.

#### Monday

11am - Jiu Jitsu 4pm - Judo 5pm - Jiu Jitsu

#### Tuesday

4pm - Wrestling 5pm - NoGI Jiu Jitsu 5pm - Kickboxing/Muay Thai

#### Wednesday

11am - Jiu Jitsu 4pm - Judo 5pm - Jiu Jitsu

#### Thursday

4pm - Wrestling 5pm - NoGI Jiu Jitsu 5pm - Kickboxing/Muay Thai

#### Friday

11am - NoGI Jiu Jitsu 4pm - MMA 5pm - Kickboxing/Muay Thai

## **Pricing Information**

Single Member - \$150/month

2-Member Family - \$225/month

3-Member Family - \$300/month

4-Member Family - \$350/month

Each additional family member is \$25/month

**Discounts Available:** Military, Veteran, Teacher, College Student, Active LEO



# Triumph Fight Academy Adult Class Schedule

### Adult Grappling (ages 13+)

#### Monday

12:00pm - NoGI Jiu Jitsu 6:15pm - Jiu Jitsu Fundamentals 7:15pm - Jiu Jitsu

#### Tuesday

6:15am - NoGI Jiu Jitsu 12:00pm - NoGI Jiu Jitsu 6:15pm - NoGI Jiu Jitsu Fundamentals 7:15pm - NoGI Jiu Jitsu

#### Wednesday

6:15am - NoGI Jiu Jitsu 12:00pm - NoGI Jiu Jitsu 6:15pm - Jiu Jitsu Fundamentals 7:15pm - Sambo 8:15pm - MMA Wrestling

#### Thursday

12:00pm - NoGI Jiu Jitsu 6:15pm - NoGI Jiu Jitsu Fundamentals 7:15pm - NoGI Jiu Jitsu

#### Friday

6:15am - NoGI Jiu Jitsu 12:00pm - Jiu Jitsu 6:15pm - NoGI Jiu Jitsu Fundamentals

#### Saturday

9:00am - Judo 10:00am - Wrestling 11:00am - Open Mat

### Adult Striking (ages 13+)

#### Monday

6:15pm - Kickboxing/Muay Thai Fundamentals 7:15pm - Boxing

#### Tuesday

6:15pm - Kickboxing/Muay Thai Fundamentals 7:15pm - Kickboxing/Muay Thai 8:15pm - MMA

#### Wednesday

6:15pm - Kickboxing/Muay Thai Fundamentals 7:15pm - MMA Striking

#### Thursday

6:15am - Kickboxing/Muay Thai 6:15pm - Kickboxing/Muay Thai Fundamentals 7:15pm - Kickboxing/Muay Thai 8:15pm - MMA

#### Friday

6:15pm - Kickboxing/Muay Thai Fundamentals

#### Saturday

11:00am - Kickboxing/Muay Thai Fundamentals

