

NKY Martial Arts Academy

BJJ Instructor's Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10:00 AM BJJ				9:00 AM Yoga	10:00 AM Wrestling
		5:00 PM Yoga		5:00 PM Leg locks	10:00 AM Open Mat	1:00 PM Wrestling
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM		
Fundamentals BJJ	Kids BJJ	BJJ Wrestling Self-defense	Kids BJJ	Fundamentals BJJ Boxing		
7:00 PM	7:00 PM	7:00 PM	7:00 PM	7:00 PM		
Intermediate BJJ Boxing	NoGi - BJJ 7:30 PM Krav Maga	Kickboxing 7:30 Wrestling	BJJ / Women 7:30 PM Krav Maga	Wrestling		
8:00 PM	8:00 PM	8:00 PM	8:00 PM	8:00 PM		
BJJ Open Mat	BJJ Open Mat		Open Mat/ Lab			

The instructors and the schedule are subject to change due to holidays, unforeseen circumstances, or other reasons.

First Responders: 1st and 3rd Thursdays

