

# AZ COMBAT SPORTS

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[WWW.AZCOMBATSPORTS.COM](http://WWW.AZCOMBATSPORTS.COM) [WWW.GDJIUJITSU.COM](http://WWW.GDJIUJITSU.COM)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30-7:30 am	Closed	Brazilian Jiu Jitsu	Closed	Brazilian Jiu Jitsu	Closed	<b>2 HOUR Open Gym</b>
10:00-11:30 am	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	
11:30-1:00 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	<b>12:00</b>
1:00-2:00 pm	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	<b>to</b>
2:00-4:00 pm	*****GYM IS CLOSED*****					<b>2:00</b>
4:30-5:30 pm	Women's Boot Camp	Women's Boot Camp	Women's Boot Camp	Women's Boot Camp	Women's Boot Camp	<b>Self Defense Seminar</b>
4:30-5:30 pm	Kids BJJ	Kids BJJ	Kids BJJ	Kids BJJ	Kids No-Gi	
5:30-6:30 pm	Kids Wrestling		Kids Wrestling		Kids Wrestling	<b>10:00 AM to 11:30AM</b>
5:30-6:30 pm	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	Muay Thai Kickboxing	
5:30-6:30 pm	MMA Beginners	MMA Beginners	MMA Beginners	MMA Beginners	MMA Beginners	<b>Every First Saturday of the Month</b>
5:30-6:30 pm	MMA Advanced	MMA Advanced	MMA Advanced	MMA Advanced	MMA Advanced	
6:30-7:45 pm	Fight Team	Fight Team	Fight Team	Fight Team	Fight Team	
6:30-7:30 pm	Beginner Jiu Jitsu	Womens Only BJJ	Beginner Jiu Jitsu	Womens Only BJJ	Beginner Jiu Jitsu	
7:30-9:00 pm	Brazilian Jiu Jitsu Mixed Levels	Brazilian Jiu Jitsu Mixed Levels	Brazilian Jiu Jitsu Mixed Levels	Brazilian Jiu Jitsu Mixed Levels	Brazilian Jiu Jitsu Mixed Levels	