FRANKIE EDGAR
IRON ARMY ACADEMY
★ BRAZILIAN JIU JITSU • MIXED MARTIAL ARTS ★

Brazilian Jiu Jitsu Mat

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am			6-7am BJJ NOGI Adult			9-10am BJJ NOGI Adult	
10am						10-10:45am BJJ NOGI Champs	
12pm	12-1pm Adult BJJ				12-1pm Adult BJJ		
4pm		4:25-5pm BJJ Little Champs		4:25-5pm BJJ Little Champs			
5pm	5-5:45pm BJJ Champs	5-6pm Adult BJJ	5-5:45 BJJ NOGI Champs	5-6pm Adult BJJ	5-6pm MMA Champs		
	5-6pm Adult BJJ Basic				6-7pm Adult BJJ NOGI		
6pm	6-7pm Adult BJJ	6-6:45 BJJ Champs	6-7pm BJJ NOGI Adult	6-6:45 BJJ Champs			
7pm	7-7:30pm Adult BJJ Randori	7-8pm Adult MMA	7-8pm Adult BJJ Basic	7-8pm Adult MMA			
			7-7:30pm Adult BJJ Randori				

Muay Thai Mat

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	9:30-10:30am Muay Thai Adult		9:30-10:30am Muay Thai Adult			10-11am Muay Thai Adult	
10am							
12pm							
4pm	4:25-5pm Muay Thai Little Champs		4:25-5pm Muay Thai Little Champs				
5pm	5-6pm Muay Thai Adult	5-5:45pm Muay Thai Champs	5-6pm Muay Thai Adult	5-5:45pm Muay Thai Champs	5-6pm MMA Champs		
6pm	6-6:45pm Muay Thai Champs	6-7pm Muay Thai Adult	6-6:45pm Muay Thai Champs	6-7pm Muay Thai Adult	6-7:30pm Adult MMA		
7pm							

Age Groups

Little Champs - 4-6 year olds
Champs - 7-16 year olds (or Professor discretion)
Adult - 16 + year olds
MMA Program - Adult only, can only take class after taking 3 months of BJJ and Muay Thai or at Professor Frankies discretion.