

North Wake Martial Arts and Fearless Pilates Studio Schedule

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	NMMA	Fearless	NWMA	Fearless	NWMA	Fearless	NWMA	Fearless	NWMA	Fearless	NWMA	Fearless
9:00am				Reformer						Reformer	Adult BJJ	
10:00am			Private Lessons/ Personal Training	Reformer	Private Lessons		Private Lessons/ Personal Training			Reformer	10:00 - 10:45 BJJ Kids	
11:00am	Coaches Workout Time		Private Lessons/ Personal Training	Reformer	Coaches Workout Time		Private Lessons/ Personal Training	Reformer		Reformer	10:45 - 11:30 TKD	
12:00pm	Adult BJJ		Kickboxing	Adult BJJ	Adult BJJ		Kickboxing	Adult BJJ	Adult BJJ	Reformer	11:30 - 12:15 Kids Kickboxing	
1:00pm	Private Lessons/ Personal Training		Private Lessons/ Personal Training		Private Lessons/ Personal Training		Private Lessons/ Personal Training				Private Lessons/ Personal Training	
2:00pm												
3:00pm												
4:00pm									4:00 - 5:00 PASC Off Ice Training			
5:00pm												
	5:15 BBJ Ages 5-9				5:15 BBJ Ages 5-9	5:30 - 6:30 Olympic Weight Lifting					5:30 - 6:30 Olympic Weight Lifting	
6:00pm	6pm BJJ Ages 9 - 13	6:00 - 7:30 Taekwon Do All Levels	5:30 KB/TKD Ages 5 - 9	6:30 Mat Pilates	6pm BJJ Ages 9 - 13	6:30 - 7:30 Taekwon Do All Levels	5:30 KB/TKD Ages 5 - 9	6:15 KB/TKD Ages 9 - 13	5:30-7:30 Reformer Pilates			
7:00pm	6:45 BJJ Ages 14+		7:00 KB/TKD Advanced ages 13+		6:45 BJJ Ages 14+		7:00 KB/TKD Advanced ages 13+					
8:00pm	7:30 - 8:15 Kickboxing Ages 16+		8:00 BJJ Adults		7:30 - 8:15 Kickboxing Ages 16+		8:00 BJJ Adults					
9:00pm	8:30 - 9:00 MMA				8:30 - 9:00 MMA							

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 MMA adults

 Kickboxing 16+

 BJJ Intermediate 14+

 Kickbox/TKD
Intermediate to Advan

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