



WEST FRISCO SCHEDULE

1931 FM 423 Suite 700, Frisco, TX 75033

MON	TUE	WED	THU	FRI	SAT
5-6am Muay Thai Kickboxing	5-6am Muay Thai Kickboxing	5-6am Muay Thai Kickboxing	5-6am Muay Thai Kickboxing	5-6am Muay Thai Kickboxing	
6-7am Adults All-Levels	6-7am Adults All-Levels	6-7am Adults All-Levels	6-7am Adults All-Levels	6-7am Adults All-Levels	9-10am Kids No-Gi (6-9)
	9:30-10:30am Kids BJJ (6-9)	9:30-10:30am Kids BJJ (10+)	9:30-10:30am Kids BJJ (6-9)	9:30-10:30am Kids BJJ (10+)	10-11am Kids No-Gi (10+)
11am-12pm Muay Thai Kickboxing	11am-12pm Muay Thai Kickboxing	11am-12pm Muay Thai Kickboxing	11am-12pm Muay Thai Kickboxing	11am-12pm Muay Thai Kickboxing	11am-12pm Adults No-Gi All Levels
12:15-1:15pm Adults BJJ All-Levels	12:15-1:15pm Adults BJJ All-Levels	12:15-1:15pm Adults BJJ All-Levels	12:15-1:15pm Adults BJJ All-Levels	12:15-1:15pm Adults Open Mat (Members Only)	
4-4:30pm Littles BJJ (3-5)	4-4:30pm Littles BJJ (3-5)	4-4:30pm Littles BJJ (3-5)	4-4:30pm Littles BJJ (3-5)	4-4:30pm Littles BJJ (3-5)	
4:30-5:30pm Kids BJJ (6-9)	4:30-5:30pm Kids BJJ (6-9)	4:30-5:30pm Kids BJJ (6-9)	4:30-5:30pm Kids BJJ (6-9)	4:30-5:30pm Kids BJJ (6-9)	
5:30-6:30pm Kids BJJ (10+)	5:30-6:30pm Kids BJJ (10+)	5:30-6:30pm Kids BJJ (10+)	5:30-6:30pm Kids BJJ (10+)	5:30-6:30pm Kids BJJ (10+)	
6:30-7:30pm Muay Thai Kickboxing	6:30-7:30pm Muay Thai Kickboxing	6:30-7:30pm Adults BJJ Fundamentals	6:30-7:30pm Muay Thai Kickboxing		<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> Kids BJJ (6-9) Or 70 lb and under </div> <div style="border: 1px solid black; padding: 5px;"> Kids BJJ (10+) Or 70 lb and above </div>
7:30-8:30pm Adults BJJ All-Levels	7:30-8:30pm Adults BJJ All-Levels	7:30-8:30pm Adults BJJ All-Levels	7:30-8:30pm Adults BJJ All-Levels		BJJ = Brazilian Jiu-Jitsu

★ NO-GI WEEK STARTS THE FIRST MONDAY OF EACH MONTH (EXCEPT FOR LITTLES) ★

Times are subject to change. For the most up-to-date schedule, visit us online at cjjftx.com/west-frisco-schedule