



Westcoast Martial Arts Gardnerville Class Schedule

West Coast Martial Arts • Brazilian Jiu-Jitsu • MMA & Muay Thai

WESTCOAST MARTIAL ARTS & STRIKING

Dragon Kids (White-Green)

Mon 4:00-4:30 pm

Tue 4:00-4:30 pm

Wed 4:00-4:30 pm

Ninja Kids (Purple-Black)

Mon 4:00-4:45 pm

Tue 4:00-4:45 pm

Wed 4:30-5:20 pm

Beginner Kids (White-Blue I)

Mon 4:00-4:45 pm

Tue 4:00-4:45 pm

Wed 4:30-5:20 pm

Advanced Kids (Brown-Red)

Mon 5:30-6:30 pm

Teen & Adult Martial Arts / Black Belts

Tue 5:30-6:30 pm

Thu 5:30-6:30 pm

MMA / Muay Thai

Mon 6:30-8:00 pm

Tue 6:30-8:00 pm

Wed 6:30-7:45 pm

Thu 6:30-7:45 pm

BRAZILIAN JIU-JITSU PROGRAMS

Jaguar Cubs (Ages 4-7)

Mon 4:45-5:15 pm

Tue 4:45-5:15 pm

Wed 4:00-4:30 pm

Machado Kids BJJ (Ages 8-11)

Mon 4:45-5:35 pm

Tue 4:45-5:35 pm

Wed 4:30-5:20 pm

Teens BJJ (13+ & Invite 11-12)

Mon 6:30-8:00 pm

Tue 6:30-8:00 pm

Wed 6:30-8:00 pm

Thu 6:30-8:00 pm

Women's Only BJJ

Thu 5:30-6:30 pm

Adult BJJ — Fundamentals (White-Blue)

Mon 6:30-8:00

Wed 6:30-8:00

Thu 6:30-8:00

Adult BJJ — Advanced (Purple & Up)

Tue 6:30-8:00

Wed 6:30-8:00

Wrestling / No-Gi

Mon 6:30-8:00

Advanced Open Roll

Wed: After class

Thu: After class

Fri: After class