

Class Schedule

West Coast Martial Arts Gardnerville • Classes run Monday through Thursday

Highlighted letters show the days each class meets. **M T W T** is Monday, Tuesday, Wednesday, Thursday.

KIDS MARTIAL ARTS			
Dragon Kids	Ages 3 to 6	M T W T	Mon 4:00 to 4:30 Thu 4:00 to 4:30
Beginner Kids	Ages 8 to 12	M T W T	Mon 4:00 to 4:45 Wed 4:00 to 4:45
Ninja Kids	Ages 7 to 8	M T W T	Mon 4:00 to 4:45 Wed 4:00 to 4:45
Advanced Kids	Ages 8 to 12	M T W T	Mon 5:30 to 6:30 Wed 5:30 to 6:30

KIDS BRAZILIAN JIU-JITSU			
Jaguar Cubs	Ages 4 to 7	M T W T	Mon 4:45 to 5:15 Thu 4:00 to 4:45
Machado Kids BJJ	Ages 8 to 11	M T W T	Mon 4:45 to 5:35 Wed 4:45 to 5:35

TEENS AND ADULTS — MARTIAL ARTS AND STRIKING			
Teen and Adult Martial Arts	Ages 13 and up	M T W T	Mon 5:30 to 6:30 Wed 5:30 to 6:30 Thu 6:30 to 7:45
MMA and Muay Thai	Ages 13 and up	M T W T	Mon 5:30 to 6:30 Wed 5:30 to 6:30

TEENS AND ADULTS — BRAZILIAN JIU-JITSU			
Teens BJJ	Ages 13 and up Ages 11 to 12 by invite	M T W T	Mon, Tue, Wed 6:30 to 8:00 Thu 5:30 to 6:30
Adult BJJ Fundamentals	Ages 13 and up	M T W T	Mon, Tue, Wed 6:30 to 8:00 Thu 5:30 to 6:30
Adult BJJ Advanced	Ages 13 and up	M T W T	Mon, Tue, Wed 6:30 to 8:00 Thu 5:30 to 6:30
Women's Only BJJ	Women, all levels	M T W T	Thu 5:30 to 6:30
Wrestling and No-Gi	Ages 13 and up	M T W T	Wed 6:30 to 8:00

New here? Find your child's age, pick a day, and come in. We will make sure they are in the right class.
First class: athletic clothes and a water bottle. No gear needed. Arrive 10 minutes early.
Closed Friday, Saturday and Sunday.

Questions? Call us and we will help you pick a class.
775-782-8343 • 1328 N Hwy 395, Suite 202, Gardnerville, NV 89410

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