

PARADIGM

COMBAT SPORTS TRAINING CENTER

BRAZILIAN JIU JITSU

RENTAL GI'S AVAILABLE

MONDAY

5:00 PM GI AGES 4-9 MARCUS
5:30 PM GI AGES 10-14 MARCUS

WEDNESDAY

5:00 PM GI AGES 4-9 MARCUS
5:30 PM GI AGES 10-14 MARCUS

FRIDAY

5:00 PM GI AGES 4-9 MARCUS
5:30 PM GI AGES 10-14 MARCUS

SUNDAY

10:30 AM NOGI ALL AGES MIKE

CLASS ESSENTIALS:

- GI
- SLIDES/SANDALS

WRESTLING

WRESTLING SHOES REQUIRED

TUESDAY

5:00 PM ALL LEVELS RUBEN
AGES 4-12

THURSDAY

5:00 PM ALL LEVELS RUBEN
AGES 4-12

SUNDAY

NOON ALL LEVELS MARQUIS
ALL AGES



BOXING

BOXING SHOES RECOMMENDED

MONDAY

5:00 PM AGES 4-9 CAMERON
5:30 PM AGES 10-16 STAN & CAMERON

TUESDAY

5:00 PM AGES 4-9 CAMERON
5:30 PM AGES 10-16 STAN & CAMERON

WEDNESDAY

5:00 PM AGES 4-9 CAMERON
5:30 PM AGES 10-16 STAN & CAMERON

THURSDAY

5:00 PM AGES 4-9 CAMERON
5:30 PM AGES 10-16 STAN & CAMERON

FRIDAY

5:00 PM AGES 4-9 CAMERON
5:30 PM AGES 10-16 STAN & CAMERON

SUNDAY

NOON ALL AGES STAN

REQUIRED FOR SPARRING:

- 16 OUNCE BOXING GLOVES
- HEAD GEAR
- MOUTH GUARD
- HAND WRAPS



PERSONAL TRAINING

MONDAY

6:30 PM AGES 4-12 BRELYNN

WEDNESDAY

6:30 PM AGES 4-12 BRELYNN

CLASS ESSENTIALS:

- TENNIS SHOES