

TNT MMA Training Center

Monday (11:00 to Noon)	Tuesday (11:00 to Noon)	Wednesday (11:00 to Noon)	Thursday (11:00 to Noon)	Friday	Saturday (9:00 to 10:00 am)
BJJ (All Levels)	BJJ (All Levels)	BJJ (All Levels)	BJJ (All Levels)		Wrestling
(10:00 to 4:00 pm)		(10:00 to 4:00 pm)		(12:00 to 1:30 pm)	(10:00 to 11:00 am)
Private Training	Private Training	Private Training	Private Training	OPEN MAT (Guests welcome)	Teen & Adult BJJ
					(11:00 to Noon)
					OPEN MAT (TNT students)
(4:30 to 5:30)	(4:30 to 5:30)	(4:30 to 5:30)	(4:30 to 5:30)	(4:30 to 5:30)	
Kid Jitsu- MMA	Kid Jitsu- BJJ	Teen & Adult Beginner BJJ	Kid Jitsu- BJJ	Teen & Adult Beginner BJJ	
Teen MMA	Teen BJJ		Teen BJJ		
Power Tone	Power Tone		Power Tone		
5:30 to 6:30 pm	5:30 to 7:00 pm	5:30 to 6:30 pm	5:30 to 6:30 pm	5:30 to 6:30 pm	
Muay Thai	Adult BJJ (All Levels)	Judo	Muay Thai	Muay Thai	
			Adult/Teen Gi BJJ	Adult/Teen Gi BJJ	
6:30 to 8:00 pm	7:00 to 8:00 pm	6:30 to 7:30 pm	6:30 to 8:00 pm	CLOSED	
Adult BJJ (All Levels)	Muay Thai		Adult BJJ (All Levels)		
	Adult/Teen Gi BJJ				
Private Training	Private Training	Private Training	Private Training		
www.tntbjj.com 1515 W. Deer Valley Rd., B-105 (623)262-2772					