TNT MMA TRAINING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(11:00 - Noon)	(11:00 - Noon)	(11:00 - Noon)	(11:00 - Noon)		
BJJ (All Levels)	BJJ (All Levels)	BJJ (All Levels)	BJJ (All Levels)		
(10:00 - 4:00)	(10:00 - 4:00)	(10:00 - 4:00)	(10:00 - 4:00)	(12:00 - 1:30 pm)	(10:00 - 11:00 am)
Private Training	Private Training	Private Training	Private Training	Private Training	Teen & Adult BJJ
					(11:00 - Noon)
					OPEN MAT (TNT Members)
(4:30 - 5:30)	(4:30 - 5:30)	(4:30 - 5:30)	(4:30 - 5:30)	(4:30 - 5:30)	
Youth MMA	Youth BJJ	Teen & Adult Beginner BJJ	Youth BJJ	Teen & Adult Beginner BJJ	
Power Tone	Power Tone		Power Tone		
(5:30 - 6:30)	(5:30 - 7:00)	(5:30 - 6:30)	(5:30 - 6:30)	(5:30 - 6:30)	
Muay Thai	Adult BJJ (All Levels)	Womens BJJ & Self-defense	Muay Thai	Muay Thai	
(6:30 - 8:00)	(7:00 - 8:00)	(6:30 - 8:00)	(6:30 - 8:00)		
Adult BJJ (All Levels)	Muay Thai	Competition Team	Adult BJJ (All Levels)		
				CLOSED	
Private Training	Private Training	Private Training	Private Training		

www.tntbjj.com 1515 W. Deer Valley Rd (B-105), Phoenix, AZ 85027 (623)262-2772