

# AZ FIGHTERS FOUNDATION CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:00 AM							
12:00 PM						Open Mat	
01:00 PM							
02:00 PM							
03:00 PM							
04:00 PM							
05:00 PM							
06:30 PM		Adults		Adults			
07:30 PM		Sparring		Sparring			

- Little Grapplers (Ages 6-7)
- Junior Grapplers (Ages 8-13)
- Adults + Teens (Ages 14+)