

Pura Vida Weekly Schedule

Column1	Monday	Tuesday	Wednesday	Thursday	Friday
Noon - 1 PM	Brazilian Jiu Jitsu	Kickboxing	Brazilian Jiu Jitsu	Kickboxing	Brazilian Jiu Jitsu
5:30 - 6:30 Mat 1	Kids Grappling	Advanced BJJ (Gi)	Kids Grappling	Advanced BJJ (Gi)	Beginner Kickboxing
5:30 - 6:30 Mat 2	Advanced Kickboxing (Colored Belts Only)	Beginner Kickboxing	Advanced Kickboxing (Colored Belts Only)	Beginner Kickboxing	
5:30 - 6:30 Mat 3		Kids Kickboxing		Kids Kickboxing	
6:45 - 7:45 Mat 1	No Gi Grappling	Beginner BJJ (Gi)	No Gi Grappling	Beginner BJJ (Gi)	
6:45 - 7:45 Mat 2	Beginner Kickboxing	Advanced Kickboxing (Colored Belts Only)	Beginner Kickboxing	Advanced Kickboxing (Colored Belts Only)	
7:45 - 8:45 Mat 1	Gi Open Mat (Colored Belts/Invite Only)	Wrestling for MMA	Gi Open Mat (Colored Belts/Invite Only)	Wrestling for MMA	
7:45 - 8:45 Mat 2	Strength & Conditioning		Strength & Conditioning		