Pacific Top Team Penticton

Monday		Tuesday		Wednesday		Thursday		Friday	
Mat 1	**Mat 2**	**Mat 1**	**Mat 2**	**Mat 1**	**Mat 2**	**Mat 1**	**Mat 2**	**Mat 1**	**Mat 2**
Fundamental Jiu-Jitsu 11:00-12:00pm		Fundamental Jiu-Jitsu 11:00-12:00pm		Fundamental Jiu-Jitsu 11:00-12:00pm		No-Gi 11:00-12:00pm		Fundamental Jiu-Jitsu 11:00-12:00pm	
	Fundamental Muay Thai 12:00-1:00pm		Fundamental Muay Thai 12:00-1:00pm		Fundamental Muay Thai 12:00-1:00pm		Fundamental Muay Thai 12:00-1:00pm		Fundamental Muay Thai 12:00-1:00pm
Junior Champions Class A 4:00-4:45pm		Junior Champions Class B 4:00-4:45pm		Junior Champions Class A 4:00-4:45pm		Junior Champions Class B 4:00-4:45pm		Junior Champions Class A&B 4:00-4:45pm	
Future Champions Class A 5:00-5:45pm	Womens Only Muay Thai 5:00-5:45pm	Future Champions Class B 5:00-5:45pm	Teens Muay Thai 5:00-5:45pm	Future Champions Class A 5:00-5:45pm	Womens Only Muay Thai 5:00-5:45pm	Future Champions Class B 5:00-5:45pm	Teens Muay Thai 5:00-5:45pm	Future Champions Class A&B 5:00-5:45pm	Fundamental Muay Thai 5:00pm-5:45pm
Advanced Jiu-Jitsu 6:00-6:45pm	Teens Jiu-Jitsu 6:00-6:45pm	Advanced Jiu-Jitsu 6:00-6:45pm	Womens Only Muay Thai 6:00-6:45pm	Advanced Jiu-Jitsu 6:00-6:45pm	Teens Jiu-Jitsu 6:00-6:45pm	No-Gi 6:00pm-6:45pm Mat 1	Womens Only Muay Thai 6:00-6:45pm	Open Mat All Levels Jiu-Jitsu 6:00-Done	Teens Jiu-Jitsu 6:00-6:45pm
Fundamental Jiu-Jitsu 7:00pm-8:00pm	Fundamental Muay Thai 7:00pm-8:00pm	Fundamental Jiu-Jitsu 7:00pm-8:00pm	Fundamental Muay Thai 7:00pm-8:00pm	Fundamental Jiu-Jitsu 7:00pm-8:00pm	Fundamental Muay Thai 7:00pm-8:00pm	Fundamental Jiu-Jitsu 7:00pm-8:00pm	Fundamental Muay Thai 7:00pm-8:00pm		

For more information email info@pttpenticton.com or visit pttpenticton.com

Programs	Tiny Champions Ages 3-4	Future Champions Ages 5-7	Junior Champions Ages 8-11	Teens Jiu-Jitsu & May Thai Ages 12-15	Fundamental Jiu-Jitsu Ages 16+	Advanced Jiu-Jitsu Ages 16+ Blue Belt +	NoGi Jiu-Jitsu Ages 16+	Womens Only Muay Thai	Fundamental Muay Thai