

# 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<br>(Colored Belts Only) | Beginner Kickboxing                         | Advanced Kickboxing<br>(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<br>(Colored Belts Only) | Beginner Kickboxing                         | Advanced Kickboxing<br>(Colored Belts Only) |                     |
|                   |   |   |   |   |                     |
| 7:45 - 8:45 Mat 1 | Gi Open Mat (Colored<br>Belts/Invite Only)  | Wrestling for MMA                           | Gi Open Mat (Colored<br>Belts/Invite Only)  | Wrestling for MMA                           |                     |
| 7:45 - 8:45 Mat 2 |   |   |   |   |                     |