

# BETA Academy

## Schedule of Classes

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
Pond	Cove	Pond	Cove	Pond	Cove	Pond	Cove	Pond	Cove	Pond	Cove	Pond	Cove
		BJJ: Mixed 10:30am - 12:00pm				BJJ: Mixed 10:30am - 12:00pm				BJJ: Basics 10:00am - 11:00am	MT: Intro 10:00am - 11:00am		
		MT: Mixed 12:00pm - 1:00pm				MT: Mixed 12:00pm - 1:00pm				MT: Beginner 11:00am - 12:00pm	BJJ: Open Mat 11:00pm - 1:00pm		
										MT: Mixed 12:00pm - 1:00pm			
										CAP: Acrobatics 1:30pm - 3:30pm		BJJ: Open Mat 1:30pm - 3:00pm	
KIDS: (Age 5 to 7) 4:30pm - 5:15pm				KIDS: (Age 5 to 7) 4:30pm - 5:15pm				KIDS: (Age 5 to 7) 4:30pm - 5:15pm					
KIDS: (Ages 8 to 13) 5:30pm - 6:15pm	FIT: Beginner 5:30pm - 6:15pm			KIDS: (Ages 8 to 13) 5:30pm - 6:15pm	FIT: Beginner 5:30pm - 6:15pm			KIDS: (Ages 8 to 13) 5:30pm - 6:15pm	FIT: Beginner 5:30pm - 6:15pm				
MT: Beginner 6:30pm - 7:30pm	FIT: Beginner 6:30pm - 7:15pm	BJJ: Intermediate 6:30pm - 8:00pm		BJJ: Basics 6:30pm - 8:00pm	BJJ: Women Only 6:30pm - 8:00pm	MT: Beginner 6:30pm - 7:30pm		MT: Mixed 6:30pm - 7:30pm	FIT: Beginner 6:30pm - 7:15pm				
BJJ: Basics 7:30pm - 9:00pm	MT: Intro 7:30pm - 8:30pm		MT: Intro 7:00pm - 8:00pm	BJJ: Intermediate 8:00pm - 9:00pm	FIT: Beginner 8:00pm - 8:45pm	BJJ: Intermediate 7:30pm - 9:00pm		BJJ: Mixed 7:30pm - 9:00pm	MT: Intro 7:30pm - 8:30pm				
	CAP: Intro 8:30pm - 9:00pm	MT: Beginner 8:00pm - 9:00pm	CAP: Intro 8:00pm - 9:00pm	MT: Intermediate 8:00pm - 9:00pm		CAP: Intro 8:30pm - 9:00pm							
MT: Fighter Training 9:00pm - 10:00pm	CAP: Beginner 9:00pm - 10:00pm	MT: Intermediate 9:00pm - 10:00pm	CAP: Beginner 9:00pm - 10:00pm	MT: Advanced 9:00pm - 10:00pm	Wrestling: Takedowns 9:00pm - 10:00pm	BJJ Competition Team 9:00pm - 10:00pm		MT & MMA: Fighter Training 9:00pm - 10:00pm		CAP: Open Roda 8:30pm - 10:00pm			

**Legend**

- MT = Muay Thai
- BJJ = Brazilian Jiu-Jitsu
- MMA = Mixed Martial Arts
- KIDS = Kids Program
- FIT = Functional Interval Training
- CAP = Capoeira
- COMP = Competition Team Only