



Brazilian Jiu-Jitsu

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					Kids (5-7) Brazilian Jiu-Jitsu (10:00AM - 10:40AM)	
					Kids (7-11) Brazilian Jiu-Jitsu (11:00AM - 11:55AM)	
		Adult All Levels Brazilian Jiu-Jitsu (12:00PM - 12:55PM)		Adult All Levels Brazilian Jiu-Jitsu (12:00PM - 12:55PM)	Adult All Levels Brazilian Jiu-Jitsu (12:00AM - 12:55AM)	
					Adult Intermediate BJJ Sparring (1:00PM - 1:25PM)	
					Teens All Levels Brazilian Jiu-Jitsu (1:30PM - 2:25PM)	
Kids (3-4) Brazilian Jiu-Jitsu (4:00PM - 4:40PM)		Kids (3-4) Brazilian Jiu-Jitsu (4:00PM - 4:40PM)				
Kids (5-7) Brazilian Jiu-Jitsu (4:45PM - 5:25PM)	Kids (7-11) No-Gi BJJ (4:30PM - 5:25PM)	Kids (5-7) Brazilian Jiu-Jitsu (4:45PM - 5:25PM)	Kids (5-7) No-Gi BJJ (4:30PM - 5:25PM)		Teens All Levels Brazilian Jiu-Jitsu (5:00PM - 5:55PM)	
Kids (7-11) Brazilian Jiu-Jitsu (5:30PM - 6:25PM)	Teens All Levels Brazilian Jiu-Jitsu (5:30PM - 6:25PM)	Kids (7-11) Brazilian Jiu-Jitsu (5:30PM - 6:25PM)	Teens All Levels No-Gi BJJ (5:30PM - 6:25PM)		Adult All Levels Brazilian Jiu-Jitsu (6:00PM - 6:55PM)	
Adult All Levels Brazilian Jiu-Jitsu (6:30PM - 7:25PM)	Adult Fundamentals Brazilian Jiu-Jitsu (6:30PM - 7:25PM)	Adult All Levels Brazilian Jiu-Jitsu (6:30PM - 7:25PM)	Adult Fundamentals No-Gi BJJ (6:30PM - 7:25PM)			
	Adult Intermediate BJJ Sparring (7:30PM - 7:55PM)		Adult Intermediate No-Gi Sparring (7:30PM - 7:55PM)			

Muay Thai

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Adult All Levels Muay Thai (7:00AM - 7:55AM)		Adult All Levels Muay Thai (7:00AM - 7:55AM)				
					Adult All Levels Muay Thai (9:00AM - 9:55AM)	
Adult All Levels Muay Thai (7:30PM - 8:25PM)		Adult All Levels Muay Thai (7:30PM - 8:25PM)				
Adult Advanced Muay Thai (8:30PM - 9:00PM)		Adult Advanced Muay Thai (8:30PM - 9:00PM)			Adult All Levels Muay Thai (7:00PM - 7:55PM)	

T3MA Bellevue Age Divisions		BJJ Adult Class Levels		Schedule Color Code		Download
Kids 3-4		Fundamentals	White Belts +	Morning		
Kids 5-7		All Level	White Belts +	Afternoon		
Kids 7-11		Intermediate	White Belt 2 Stripe +	Evening		
Teens (11-15)		Advanced	Blue Belt +			
Adults						