

Oregon Martial Arts Club Inc. 14355 SW Pacific Hwy, Tigard Oregon (503) 598-8055

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------|--------|------------------|------------------|------------------|------------------|------------------|
| 10:00 | | Total Defense | Total Defense | Total Defense | Total Defense | UBC |
| 10:45 | | | | | | |
| 10:45 | UBC | UBC | UBC | UBC | UBC | Total Defense |
| 11:30 | | | | | | |
| 11:30 | | Total Defense | Total Defense | Total Defense | Total Defense | Gracie Jiu-Jitsu |
| 12:15 | | | | | | |
| 12:15 | | Gracie Jiu-Jitsu | Gracie Jiu-Jitsu | Gracie Jiu-Jitsu | Gracie Jiu-Jitsu | |
| 1:00 | | | | | | |

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|------|------------------------------------|--------------------------|----------------------------|------------------------------------|--------------------------|----------------------------|---|-----|---|
| 4:45 | Junior Dragons (ages 7-10) | | | Junior Dragons (ages 7-10) | | | Junior Dragons (ages 7-10) Make-up class | | "Tying Self-Protection with Self-Perfection" |
| 5:00 | | | Tiny Tigers (ages 4-6) | | | | | | |
| 5:30 | | | | | | | | | |
| 5:30 | UBC | Teen Tigers (ages 11-15) | UBC | UBC | Teen Tigers (ages 11-15) | UBC | Teen Tigers Make-up Class | UBC | |
| 6:00 | | | | | | | | | |
| 6:15 | | | | | | | | | |
| 6:15 | Judo/ Jiu-Jitsu | | Gracie Jiu-Jitsu (Track 1) | Judo/ Jiu-Jitsu | | Gracie Jiu-Jitsu (Track 1) | Gracie Jiu-Jitsu | | |
| 7:00 | | | | | | | | | |
| 7:00 | Total Defense (Track 3) | | Total Defense (Track 1) | Total Defense (Track 3) | | Total Defense (Track 1) | Total Defense | | |
| 7:45 | | | | | | | | | |
| 7:45 | Advanced Jiu-Jitsu (Sub Wrestling) | | Total Defense (Track 2) | Advanced Jiu-Jitsu (Sub Wrestling) | | Total Defense (Track 2) | Kickboxing Sparring | | |
| 8:30 | | | | | | | | | |
| 8:30 | Competition Team | | Gracie Jiu-Jitsu (Track 2) | Competition Team | | Gracie Jiu-Jitsu (Track 2) | Gracie Jiu-Jitsu (Open mat) | | |
| 9:15 | | | | | | | | | |

Classes in White are open to students of all levels.

www.oregonmartialarts.com

Classes in Black are advanced classes and they are invite only.