



# Bernales Institute of Martial Arts Schedule

Check for updates at [BernalesInstitute.com](http://BernalesInstitute.com)

PROGRAM	TYPE/LEVEL	MON	TUES	WED	THUR	FRI	SAT
<b>Youth Program</b> (Jiu-Jitsu, Thai Boxing, Kali, and Jeet Kune Do)	<b>Tiny Tigers (~5-6)</b>		4:00-4:45 PM		4:00-4:45 PM		
	<b>Junior Dragons (~7-9)</b>		4:45-5:30 PM		4:45-5:30 PM		
	<b>Dragons (~10-12)</b>	4:45-5:30 PM		4:45-5:30 PM			
	<b>Teens (~13-17)</b>		5:30-6:30 PM		5:30-6:30 PM		
	<b>Black Belt Club</b>	4:00-4:45 PM		4:00-4:45 PM			
<b>Muay Thai / Thai Boxing</b>	<b>Mixed Levels</b>	6:30-7:30 PM	7:00-8:00 AM 11 AM-12 PM 6:30-7:30 PM	5:30-6:30 PM	7:00-8:00 AM	11 AM – 12 PM	
<b>Gracie Jiu-Jitsu / CSW / MMA</b>	<b>Jiu-Jitsu - Mixed Levels (Gi)</b>	12:00 - 1:00 PM	7:30-9:00 PM	12 - 1 PM	6:30-8:00 PM		12 – 1 PM Roll: 1-2 PM
	<b>Jiu-Jitsu / CSW / MMA – Mixed Levels (No-Gi)</b>	7:30-9:00 PM		6:00-7:00 AM 6:30-8:00 PM	11 AM-12 PM		
<b>Total Defense</b>	<b>Jeet Kune Do</b>			11 AM - 12 PM			11 AM - 12 PM
	<b>Kali</b>	11 AM-12 PM		Kali/Silat 8:00-9:00 PM			10 – 11 AM
	<b>Silat</b>					6:30-7:30 PM	
<b>Other Programs</b>	<b>Women-Only Jiu-Jitsu</b>	5:30-6:30 PM					
	<b>Competition Training</b>					7:30-8:30 PM	
	<b>Capoeira</b>					5:30-6:30 PM	