



Bernales Institute of Martial Arts Schedule

Check for updates at BernalesInstitute.com

PROGRAM	TYPE/LEVEL	MON	TUES	WED	THUR	FRI	SAT
Youth Program (Jiu-Jitsu, Thai Boxing, Kali, and Jeet Kune Do)	Tiny Tigers (~5-6)		4:00-4:45 PM		4:00-4:45 PM		
	Junior Dragons (~7-9)		4:45-5:30 PM		4:45-5:30 PM		
	Dragons (~10-12)	4:45-5:30 PM		4:45-5:30 PM			
	Teens (~13-17)		5:30-6:30 PM		5:30-6:30 PM		
	Black Belt Club	4:00-4:45 PM		4:00-4:45 PM			
Muay Thai / Thai Boxing	Mixed Levels	6:30-7:30 PM	7:00-8:00 AM 11 AM-12 PM	5:30-6:30 PM	7:00-8:00 AM 6:30-7:30 PM	11 AM – 12 PM	
Gracie Jiu-Jitsu / CSW / MMA	Jiu-Jitsu - Mixed Levels	12:00 - 1:00 PM	6:30-8:00 PM	12 - 1 PM	7:30-9:00 PM		12 – 1 PM Roll: 1-2 PM
	Jiu-Jitsu / CSW / MMA – Mixed Levels	7:30-9:00 PM		6:30-8:00 PM	11 AM-12 PM		
Total Defense	Jeet Kune Do / Kali			11 AM - 12 PM			11 AM - 12 PM
	Kali	11 AM-12 PM		Kali/Silat 8:00-9:00 PM			10 – 11 AM
	Silat					6:30-7:30 PM	
Other Programs	Competition Training					7:30-8:30 PM	
	Capoeira					5:30-6:30 PM	
	Yoga	5:30-6:30 PM					