

DYNAMIC MARTIAL ARTS

WEEKLY CLASS SCHEDULE

Carlos Machado Brazilian Jiu-Jitsu · Kickboxing · Wichita Falls, TX

	MON	TUE	WED	THU	FRI
5:15 PM Cubs & Kids	Kids Kickboxing 7-12	Cubs Gi Jiu-Jitsu 4-6	Kids Kickboxing 7-12	Cubs No-Gi Jiu-Jitsu 4-6	OPEN MAT Kids Kickboxing
6:00 PM Kids 7-12	Gi Jiu-Jitsu	No-Gi Jiu-Jitsu	Gi Jiu-Jitsu	No-Gi Jiu-Jitsu	OPEN MAT Kids Jiu-Jitsu
6:45 PM Teens & Adults 13+	Gi Jiu-Jitsu	No-Gi Jiu-Jitsu	Gi Jiu-Jitsu	No-Gi Jiu-Jitsu	OPEN MAT Jiu-Jitsu
6:45 PM Second Mat · 13+	—	Kickboxing	—	Kickboxing	OPEN MAT Kickboxing

FRIDAY IS OPEN MAT AT EVERY TIME BLOCK. Same times, same age groups. Drill what you want, roll, and ask questions.

SATURDAY

Competition Practice

When applicable. Open to students preparing to compete.

SUNDAY

Private Lessons

By appointment only. One-on-one or small group.

BEFORE YOU WALK IN

- **Arrive ten minutes early**
Time to sign in, look around, and step on the mat unrushed.
- **Bring a water bottle**
Classes run 30 to 60 minutes. Stay hydrated.
- **Long hair tied back, nails trimmed**
Standard for Jiu-Jitsu so grips do not catch.
- **Wear athletic clothes**
Shorts or sweatpants and a t-shirt. Class is barefoot.
- **No experience required**
Every student starts somewhere. We meet you at your level.
- **Parents welcome to watch**
Dedicated viewing area for every class.

YOUR FIRST WEEK IS FREE

Beginners welcome · No long-term contract · Walk-ins welcome

2005 Kemp Boulevard, Wichita Falls, TX 76309

(940) 202-0905 · martialartswichitafalls.com

Mats open Monday through Friday, 5:15 to 7:45 PM