

**KIOTOBJJ SAYVILLE / SCHEDULE OF GROUP CLASSES – PRIVATE CLASSES AVAILABLE – KIOTOBJJ.COM
BRAZILIAN JIU JITSU – KIDS CLASSES- MMA- FITNESS KICKBOXING –SELF DEFENSE- COMBAT FITNESS**

	MON	TUE	WED	THU	FRI	SAT	SUN
BJJ		7:30AM		7:30AM			
FITNESS KICKBOXING	9:00AM	9:00AM	9:00AM	9:00AM	9:00AM	9:00AM	9:00AM
Kids						10-10:45	
						WORKSHOP 11:00AM	8:00 am BJJ Open Mat
BJJ	10:00AM 12:00	12:15 Combat Fit	10:00AM 12:00	12:15 Combat Fit	12:00 BJJ - No Gi	12:00 BJJ	12:15 Combat Fitness
Little Kids (3-6 yrs)	5:00 to 5:30	5:45 to 6:15	5:00 to 5:30	5:45 to 6:15		MMA 1:15PM	MMA 1:15PM
Kids 7-12yrs	5:45 -6:30pm	5-5:45pm	5:45 -6:30pm	5-5:45pm		MMA KIDS 1:15PM	
FITNESS KICKBOXING	6:30 – 7:15pm	6:30 – 7:15pm	6:30 – 7:15pm	6:30 – 7:15pm	Staff training 4:00pm		
BJJ Begginers & Teens	7:15- 8:00pm	8:15 –9:00pm	7:15- 8:00pm	8:15 –9:00pm			
INT/ ADV - BJJ	8 to 9:00pm	7:15 to 8:15	8 to 9:00pm	7:15 to 8:15			
MMA					Kids 5:30 Adults 6:30		
BJJ					7:30 Gi & NO Gi		

*There will be NO Kids Classes when the schools are closed for holidays or weather and also the day after Championships

Milton 631-255-7211 - Melissa 631-827-8071 - Diogo 631-278-1777