CONQUEST

CONQUEST MILLERSVILLE · WEEKLY CLASS SCHEDULE

412 Headquarters Drive, Unit 1, Millersville, MD 21108 · 443-785-2859 · bjjconquest.com

BJJ | Striking & MMA | Kids | Fight Fit | Yoga | Open mat

MON	TUE	WED	THU	FRI	SAT	SUN
5:00-6:00 AM Fight Fit	**5:00-6:00 AM** Fight Fit	**5:00-6:00 AM** Fight Fit	**5:00-6:00 AM** Fight Fit	**5:00-6:00 AM** Fight Fit	**8:00-9:00 AM** Fight Fit	**9:00-10:00 AM** Boxing, All Levels
6:30-7:30 AM Fight Fit	**6:00-7:00 AM** BJJ, All Levels	**6:00-7:00 AM** BJJ Gi/No-Gi, All Levels	**6:00-7:00 AM** No-Gi BJJ, All Levels	**6:00-7:00 AM** BJJ Drilling	**9:00-10:00 AM** BJJ Fundamentals	**10:00-11:00 AM** Yoga
9:30-10:30 AM Fight Fit	**7:00-7:45 AM** Muay Thai Striking, All Levels	**6:30-7:30 AM** Fight Fit	**7:00-7:45 AM** Muay Thai Striking, All Levels	**6:30-7:30 AM** Fight Fit	**9:00-10:00 AM** Little Kids Gi BJJ (Ages 4-6)	**11:00 AM-12:00 PM** Women's-Only BJJ
10:45-11:30 AM Muay Thai Striking, All Levels	**9:30-10:30 AM** Fight Fit	**9:30-10:30 AM** Fight Fit	**9:30-10:30 AM** Fight Fit	**9:30-10:30 AM** Fight Fit	**9:00-10:00 AM** Big Kids Gi BJJ Beginner & Advanced (Ages 7+)	**12:00-1:00 PM** Open Mat
11:45 AM-1:00 PM BJJ, All Levels	**5:00-6:00 PM** Fight Fit	**10:45-11:30 AM** Muay Thai Striking, All Levels	**5:00-6:00 PM** Fight Fit	**11:45 AM-1:00 PM** No-Gi BJJ, All Levels	**9:00-10:00 AM** Yoga	
3:45-5:00 PM No-Gi Drilling	**5:00-6:00 PM** Little Kids Gi BJJ (Ages 4-6)	**11:45 AM-1:00 PM** BJJ, All Levels	**5:00-6:00 PM** Little Kids Gi BJJ (Ages 4-6)	**5:00-6:00 PM** Boxing, All Levels	**10:00-11:00 AM** BJJ, All Levels	
5:00-6:00 PM Fight Fit	**5:00-6:00 PM** Kids Striking (Ages 7-12)	**5:00-6:00 PM** Fight Fit	**5:00-6:00 PM** Kids Striking (Ages 7-12)	**5:00-6:00 PM** Big Kids Gi BJJ Advanced (Ages 7+)	**11:30 AM-12:30 PM** Muay Thai Sparring, Levels 2+	
5:00-6:00 PM Big Kids Gi BJJ Beginner (Ages 7+)	**6:00-7:00 PM** Muay Thai Striking Levels 1+	**5:00-6:00 PM** Big Kids Gi BJJ Beginner (Ages 7+)	**6:00-7:00 PM** Muay Thai Striking Levels 1+			
5:00-6:00 PM Big Kids Gi BJJ Advanced (Ages 7+)	**6:00-7:00 PM** Yoga	**5:00-6:00 PM** Big Kids Gi BJJ Advanced (Ages 7+)	**6:00-7:00 PM** Yoga			
6:00-7:00 PM Muay Thai Striking Fundamentals	**7:00-8:00 PM** Gi BJJ Fundamentals & All Levels	**6:00-7:00 PM** Muay Thai Striking Fundamentals	**7:00-8:00 PM** Gi BJJ Fundamentals & All Levels			
6:00-7:00 PM Muay Thai Striking Levels 1+	**7:00-8:00 PM** Muay Thai Striking Levels 3+	**6:00-7:00 PM** Muay Thai Striking Levels 1+	**7:00-8:30 PM** No-Gi BJJ, All Levels			
6:00-7:00 PM Yoga	**7:00-8:30 PM** No-Gi BJJ, All Levels	**6:00-7:00 PM** Yoga				
7:00-8:00 PM Gi BJJ Fundamentals		**7:00-8:00 PM** Gi BJJ Fundamentals				
7:00-8:30 PM Intermediate/Advanced Gi BJJ		**7:00-8:30 PM** Intermediate/Advanced Gi BJJ				

Class times: Mon 5:00 AM-8:30 PM; Tue 5:00 AM-8:30 PM; Wed 5:00 AM-8:30 PM; Thu 5:00 AM-8:30 PM; Fri 5:00 AM-6:00 PM; Sat 8:00 AM-12:30 PM; Sun 9:00 AM-1:00 PM.

Free 7-Day VIP Pass · bjjconquest.com