CONQUEST

CONQUEST PASADENA · WEEKLY CLASS SCHEDULE

8579 Fort Smallwood Rd, Pine Grove Village Shopping Center, Pasadena, MD 21122 · 443-785-2859 · bjjconquest.com

BJJ | Striking & MMA | Kids | Fight Fit

MON	TUE	WED	THU	FRI	SAT	SUN
5:00-6:00 AM Fight Fit	**12:00-1:00 PM** No-Gi BJJ, All Levels	**5:00-6:00 AM** Fight Fit	**12:00-1:00 PM** BJJ, All Levels	**5:00-6:00 AM** Fight Fit	**9:00-10:00 AM** No-Gi BJJ Fundamentals	No classes
5:00-6:00 PM Fight Fit	**5:00-5:50 PM** Kids BJJ (Ages 4-15)	**5:00-5:50 PM** Kids No-Gi BJJ (Ages 7-15)	**5:00-5:50 PM** Kids BJJ (Ages 4-15)	**5:30-6:30 PM** Muay Thai	**10:00-11:00 AM** No-Gi BJJ, All Levels	
6:00-6:50 PM Women's-Only BJJ	**6:00-7:00 PM** Fight Fit	**5:00-6:00 PM** Fight Fit	**6:00-7:00 PM** Fight Fit	**6:30-8:00 PM** No-Gi BJJ, All Levels		
6:00-7:00 PM Muay Thai	**7:00-8:00 PM** BJJ, All Levels	**6:00-6:50 PM** Women's-Only BJJ	**7:00-8:00 PM** BJJ, All Levels			
7:00-8:00 PM No-Gi BJJ, All Levels		**6:00-7:00 PM** Boxing				
		7:00-8:00 PM BJJ Fundamentals				

Class times: Mon 5:00 AM-8:00 PM; Tue 12:00 PM-8:00 PM; Wed 5:00 AM-8:00 PM; Thu 12:00 PM-8:00 PM; Fri 5:00 AM-8:00 PM; Sat 9:00 AM-11:00 AM.

Free 7-Day VIP Pass · bjjconquest.com