



3310 NOBLE POND WAY #104, WOODBRIDGE, VA

www.TridentMartialArts.com School: 703-490-2425 or After Hours Cell/Text 703-772-4167

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00AM – 12:00PM JTX JKD/MUAY THAI MIX ALL PHASES		11:00AM – 12:00PM JTX JKD/MUAY THAI MIX ALL PHASES			9:00AM – 10:00AM COMBAT JIU-JITSU (NO-GI) ALL PHASES
5:00PM-5:45PM LIL' WARRIORS MUAY THAI AGES 4-6	5:00PM – 5:45PM LIL' WARRIORS BRAZILIAN JIU- JITSU AGES 4-6	5:00PM- 5:45PM LIL WARRIORS MUAY THAI AGES 4-6	5:00PM – 5:45PM LIL' WARRIORS BRAZILIAN JIU-JITSU AGES 4-6	5:00PM – 5:45PM JUNIOR FILIPINO MARTIAL ARTS ALL AGES	10:00AM – 11:00AM JTX JKD/MUAY THAI MIX ALL PHASES
5:45PM – 6:30PM JUNIOR MUAY THAI WHITE - YELLOW	5:45PM – 6:30PM JR BRAZILIAN JIU-JITSU ALL BELTS	5:45PM – 6:30PM JUNIOR MUAY THAI WHITE - YELLOW	5:45PM – 6:30PM JR BRAZILIAN JIU-JITSU ALL BELTS	5:45PM – 6:30PM JUNIOR MUAY THAI ALL BELTS	11:00AM – 12:00PM FILIPINO MARTIAL ARTS ALL PHASES
6:30PM – 7:15PM JUNIOR MUAY THAI GREEN - UP	6:30PM – 7:30PM JEET KUNE DO ALL PHASES	6:30PM – 7:15PM JUNIOR MUAY THAI GREEN - UP	6:30PM – 7:30PM MUAY THAI ALL PHASES		12:00PM – 1:30PM BRAZILIAN JIU-JITSU ALL BELTS
6:30PM – 7:30PM JTX JKD/MUAY THAI MIX ALL PHASES	6:30PM – 7:30PM BRAZILIAN JIU- JITSU ALL PHASES	6:30PM – 7:30PM JTX JKD/MUAY THAI MIX ALL PHASES	6:30PM – 7:30PM BRAZILIAN JIU- JITSU ALL PHASES	6:30PM – 7:30PM BRAZILIAN JIU- JITSU ALL BELTS	
7:30PM – 8:30PM FILIPINO MARTIAL ARTS ALL PHASES	7:30PM – 8:30PM USA COMBATIVES ALL PHASES	7:30PM – 8:30PM FILIPINO MARTIAL ARTS ALL PHASES	7:30PM – 8:30PM JEET KUNE DO ALL PHASES		
7:30PM – 9:00PM BRAZILIAN JIU-JITSU ALL BELTS	7:30PM-8:30PM COMBAT SUBMISSION WRESTLING MMA	7:30PM – 9:00PM BRAZILIAN JIU-JITSU ALL BELTS	7:30PM – 8:30PM COMBAT SUBMISSION WRESTLING MMA		
	8:30PM-9:30PM MUAY THAI FUNDAMENTALS 8:30-9:30PM OPEN MAT / SPARRING		8:30PM-9:30PM MUAY THAI FUNDAMENTALS 8:30-9:30PM OPEN MAT / SPARRING		

Visit www.TridentMartialArts.com to schedule your first free class and to learn more about how we can help you reach your goals in fitness, martial arts and life!
Email us anytime! info@tridentmartialarts.com