



CHECKMATS
BJJ TAMPA WEST

CLASS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 AM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		<p>OPEN GYM 1pm-4pm for all Members</p>
9:00-10:00 AM						FITSMART	
10:00-11:00 AM	FITSMART	FITSMART	FITSMART	FITSMART	FITSMART		
10:00-11:00 AM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai	MMA	
11:00-12:00 AM		Brazilian Jiu Jitsu		Brazilian Jiu Jitsu			
12:00-1:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
5:00-5:50 PM	FitSmart TurboFit	FitSmart TurboFit	FitSmart TurboFit	FitSmart TurboFit	FitSmart TurboFit		
5:00-5:50 PM	Kids Jiu Jitsu	Kids Muay Thai	Kids Jiu Jitsu	Kids Muay Thai	Kids MMA		
6:00-7:00 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai		GYM CLOSED	
6:00-7:00 PM	FITSMART	Muay Thai Fit	FITSMART	Muay Thai Fit	FITSMART		
6:00-7:00 PM	No Gi BJJ		No Gi BJJ		BJJ Gi or No Gi		
7:00-8:00 PM	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	Brazilian Jiu Jitsu	SPARRING		
7:00-8:30 PM	Muay Thai	Muay Thai	Muay Thai	Muay Thai	MMA		
8:00-9:00 PM	FITSMART	FITSMART	FITSMART	FITSMART	FITSMART		

Brazilian Jiu-Jitsu

BJJ is a Martial Art, Combat Sport and Self Defense System that specializes on ground fighting and submission grappling.

Muay Thai

Muay Thai is a combat sport of Thailand that utilizes stand up striking with use of elbows, knees, punches and kicks.

FITSMART

FitSmart is a nationally reconized fitness program developed by Fitness Experts and designed to burn fat and boost your metabolism with workouts and meal plans

Private Session

Improve your technique with Private Training with one of our Master Instuctors. See the front desk for details.