

# MARTIAL ARTS SCHEDULE

## MONDAY

4:00-5:00  
YOUTH  
WARRIORS  
AGES 8+

5:15-6  
NINJA  
KIDS  
AGES 3-7

6-7:30  
ADULT  
BJJ  
GI

## TUESDAY

4:00-4:45  
NINJA  
KIDS  
AGES 3-7

5:00-6:00  
YOUTH  
WARRIORS  
AGES 8+

6-7:30  
ADULT  
STRIKING

## WEDNESDAY

4:00-5:00  
YOUTH  
WARRIORS  
AGES 8+

5:15-6  
NINJA  
KIDS  
AGES 3-7

6-7:30  
ADULT  
BJJ  
NO-GI

## THURSDAY

4:00-4:45  
NINJA  
KIDS  
AGES 3-7

5:00-6:00  
YOUTH  
WARRIORS  
AGES 8+

6-7:30  
ADULT  
STRIKING

## FRIDAY

2PM  
BOXING  
AGES 10+

ADULT/TEEN  
OPEN  
MAT  
3-6PM

6:30-8  
ADULT  
MMA  
SEASONAL

## SATURDAY

9 AM  
BOXING

10:15 AM  
ADULT  
BJJ

ADULT/TEEN  
OPEN  
MAT

*www.ForgePagosa.com*

*Call Coach Morganne*

**970-585-4354**

*No contracts. 30-days notice  
to cancel, change, upgrade, or pause*

