



TRICOM
TRAINING CENTER
AT GYM JONES

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2021 TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday
5:00 PM - 6:00 PM KIDS BJJ	5:00 PM - 6:00 PM KIDS BJJ	5:00 PM - 6:00 PM KIDS BJJ	5:00 PM - 6:00 PM KIDS BJJ
6:00 PM - 7:00 PM TRICOM GRAPPLING	6:00 PM - 7:00 PM COMBAT CONDITIONING	6:00 PM - 7:00 PM TRICOM GRAPPLING	6:00 PM - 7:00 PM COMBAT CONDITIONING
7:00 PM - 8:00 PM PEKITI TIRSHA KALI & TUHON BOXING	7:00 PM - 8:00 PM ADULT BJJ	7:00 PM - 8:00 PM PEKITI TIRSHA KALI & TUHON BOXING	7:00 PM - 8:00 PM ADULT BJJ