



Dan Henderson's Athletic Fitness Center

Grappling Classes

Hours: Monday- Friday 8AM- 8:30PM, Saturday 8 AM- 2PM, Closed Sunday.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM		No-Gi BJJ (AP)		No-Gi BJJ (AP)		
8:00 AM						No-Gi Open Mat
9:00 AM	BJJ (JS)	No-Gi BJJ (AP)	BJJ (JS)	No-Gi BJJ(AP)	BJJ (AP)	
10:30 AM	PRO PRACTICE RESERVED					
3:45 PM		Team Quest Wrestling (AP) <i>Beginn.4-7yr (1hr)</i> <i>Advanced (1hr 45min)</i>		Team Quest Wrestling (AP) <i>Beginn.4-7yr (1hr)</i> <i>Advanced (1hr 45min)</i>		
4:00 PM					No-Gi BJJ (AP)	Instructors: AP- Anthony Paredes GP - Gustavo Pugliese JC - Jeff Creighton JS - Joe Stevenson TW - Trevor Wells TS - Tarec Saffiedine
5:00 PM	Cage Tactics (JC)		Cage Tactics (JC)			
5:30 PM		Beginner BJJ (AP)		Beginner BJJ (AP)		
		Teen Intro to MMA (TW)		Teen Intro to MMA (TW)		
6:00 PM	Beginner BJJ (JS)		Beginner BJJ (JS)			
6:30 PM		No-Gi BJJ (AP)		No-Gi BJJ (AP)		
7:00 PM	BJJ (JS)		BJJ (JS)			
Address: 27901 Jefferson Ave Temecula, CA 92590 P: (951) 506-7776		Kids Club Hours: Mon,Wed,Fri : 8:30 AM - 12:30 PM / 3:30 PM - 8 PM / Fri 4 - 7PM Tues, Thur : 9:00 AM - 12:30 PM / 4 PM - 8 PM				