



WERDUM TRAINING CENTER SCHEDULE

FALL 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		FUNCTIONAL TRAINING	
8-9:30 AM					OPEN MAT	
11:30 AM	ALL LEVELS BJJ	ALL LEVELS BJJ	ALL LEVELS BJJ	ALL LEVELS BJJ	ALL LEVELS BJJ	
12:30-2 PM						OPEN MAT
3:15-3:55 PM	3-5 y/o all belts	6-8 colored belts	3-5 y/o all belts	6-8 colored belts	3-5 y/o all belts	
4-4:55 PM	6-8 y/o all belts	9 & up white belts	6-8 y/o all belts	9 & up white belts		
5-6 PM	9 & up colored belts	Competition Class	9 & up colored belts	Competition Class		
6-7 PM	11 & UP	WOMEN INTRO	11 & UP	WOMEN INTRO	6:30 PM OPEN MAT	
7-8 PM	BLUE & UP	WHITE BELTS	BLUE & UP	WHITE BELTS		
8-9 PM	MUAY THAI		MUAY THAI		MUAY THAI	
8-9 PM	ALL INTRO	MMA INTRO	ALL INTRO	MMA INTRO		