



Brazilian Jiu-Jitsu

Time	Mon	Tue	Wed	Thu	Fri	Sat
10:00 AM						PeeWee (3-7) Brazilian Jiu Jitsu (10:00AM - 11:00AM)
10:30 AM						
11:00 AM						Youth (7-13) Brazilian Jiu Jitsu (11:00AM - 12:00PM)
11:30 AM						
12:00 PM	Adult Brazilian Jiu Jitsu (12:00PM - 1:00PM)	Adult Brazilian Jiu Jitsu (12:00PM - 1:00PM)	Adult Brazilian Jiu Jitsu (12:00PM - 1:00PM)	Adult Brazilian Jiu Jitsu (12:00PM - 1:00PM)		Adult Brazilian Jiu Jitsu (12:00PM - 1:00PM)
12:30 PM						
1:00 PM						Adult Advanced Brazilian Jiu Jitsu (1:00PM - 2:00PM)
1:30 PM						
4:45 PM		PeeWee (3-7) Brazilian Jiu Jitsu (4:45PM - 5:30PM)		PeeWee (3-7) Brazilian Jiu Jitsu (4:45PM - 5:30PM)		
5:00 PM					Youth (7-13) Competition BJJ (5:00PM - 6:30PM)	
5:30 PM	PeeWee & Youth No-Gi BJJ (5:30PM - 6:30PM)	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:30PM)	PeeWee & Youth Brazilian Jiu Jitsu (5:30PM - 6:30PM)	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:30PM)		
6:00 PM						
6:30 PM	Adult No-Gi BJJ (6:30PM - 7:30PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:30PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:30PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:30PM)		
7:00 PM						
7:30 PM	Adult Advanced No-Gi BJJ (7:30PM - 8:30PM)		Adult Advanced Brazilian Jiu-Jitsu (7:30PM - 8:30PM)			
8:00 PM						

Muay Thai

Time	Mon	Tue	Wed	Thu	Fri	Sat
9:00 AM						Adult Muay Thai (9:00AM - 10:00AM)
9:30 AM						
4:30 PM	Youth (6-15) Muay Thai (4:30PM - 5:30PM)		Youth (6-15) Muay Thai (4:30PM - 5:30PM)			
5:00 PM						
7:30 PM		Adult Muay Thai (7:30PM - 8:30PM)		Adult Muay Thai (7:30PM - 8:30PM)		
8:00 PM						

Mixed Martial Arts

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:45 PM					Adult Mixed Martial Arts (6:45PM - 7:45PM)	
7:15 PM						