



Brazilian Jiu-Jitsu

Time	Mon	Tue	Wed	Thu	Fri	Sat
10:00 AM						Pee Wee Brazilian Jiu Jitsu Private Training (10:00AM - 10:45AM)
10:45 AM						
11:00 AM	Adult Brazilian Jiu Jitsu Private Training (11:00AM - 12:00PM)	Adult Brazilian Jiu Jitsu Private Training (11:00AM - 12:00PM)	Adult Brazilian Jiu Jitsu Private Training (11:00AM - 12:00PM)	Adult Brazilian Jiu Jitsu Private Training (11:00AM - 12:00PM)	Adult Brazilian Jiu Jitsu Private Training (11:00AM - 12:00PM)	Youth (7-13) Brazilian Jiu Jitsu Private Training (11:00AM - 11:45AM)
11:45 AM						Adult Brazilian Jiu Jitsu Private Training (12:00PM - 1:00PM)
12:00 PM						
12:30 PM						
1:00 PM						Adult 30min Private Training (1:00PM - 1:30PM)
1:30 PM						
4:45 PM	Pee Wee Brazilian Jiu Jitsu Private Training (4:45PM - 5:15PM)		Pee Wee Brazilian Jiu Jitsu Private Training (4:45PM - 5:15PM)			
5:15 PM					Youth (7-13) Brazilian Jiu Jitsu Private Training (5:00PM - 6:00PM)	
5:30 PM	Youth (7-13) Brazilian Jiu Jitsu Private Training (5:30PM - 6:15PM)	Pee & Youth Miexed Brazilian Jiu Jitsu Private Training (5:30PM - 6:15PM)	Youth (7-13) Brazilian Jiu Jitsu Private Training (5:30PM - 6:15PM)	Pee & Youth Miexed Brazilian Jiu Jitsu Private Training (5:30PM - 6:15PM)		
6:15 PM						
6:30 PM	Adult Brazilian Jiu Jitsu Private Training (6:30PM - 7:15PM)	Adult Brazilian Jiu Jitsu Private Training (6:30PM - 7:30PM)	Adult Brazilian Jiu Jitsu Private Training (6:30PM - 7:15PM)	Adult Brazilian Jiu Jitsu Private Training (6:30PM - 7:30PM)	Adult NoGi Brazilian Jiu Jitsu Private Training (6:30PM - 7:30PM)	
7:15 PM						
7:30 PM		Adult 30min Private Training (7:30PM - 8:00PM)		Adult 30min Private Training (7:30PM - 8:00PM)		
8:00 PM						

Muay Thai

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:15 AM	Adult Muay Thai Private Training (6:15AM - 7:15AM)			Adult Muay Thai Private Training (6:15AM - 7:15AM)		
7:15 AM						
8:00 AM						Adult Muay Thai Private Training (8:00AM - 8:45AM)
8:45 AM						
9:00 AM						Youth Muay Thai Private Training (6-15) (9:00AM - 9:45AM)
9:45 AM						
4:30 PM		Youth Muay Thai Private Training (6-15) (4:30PM - 5:15PM)		Youth Muay Thai Private Training (6-15) (4:30PM - 5:15PM)		
5:15 PM						
7:30 PM	Adult Muay Thai Private Training (7:30PM - 8:30PM)		Adult Muay Thai Private Training (7:30PM - 8:30PM)			
8:30 PM						

Strength and Conditioning

Strength and Conditioning gym is open during all class times.(limited spots)