



Brazilian Jiu-Jitsu

Time	Mon	Tue	Wed	Thu	Fri	Sat
10:00 AM						PeeWee (3-7) Brazilian Jiu Jitsu (10:00AM - 10:45AM)
10:45 AM						
11:00 AM	Adult BJJ Fundamentals (11:00AM - 11:45AM)	Adult Brazilian Jiu Jitsu (11:00AM - 11:45AM)	Adult BJJ Fundamentals (11:00AM - 11:45AM)	Adult Brazilian Jiu Jitsu (11:00AM - 11:45AM)	Adult BJJ Fundamentals (11:00AM - 11:45AM)	Youth (7-13) Brazilian Jiu Jitsu (11:00AM - 11:45AM)
11:45 AM						
12:00 PM						Adult Brazilian Jiu Jitsu (12:00PM - 12:45PM)
12:45 PM						
1:15 PM						
1:45 PM						
4:45 PM	PeeWee (3-7) Brazilian Jiu Jitsu (4:45PM - 5:15PM)		PeeWee (3-7) Brazilian Jiu Jitsu (4:45PM - 5:15PM)			
5:15 PM						
5:30 PM	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:15PM)	PeeWee & Youth Brazilian Jiu Jitsu (5:30PM - 6:15PM)	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:15PM)	PeeWee & Youth Brazilian Jiu Jitsu (5:30PM - 6:15PM)	Youth (7-13) Competition BJJ (5:30PM - 6:15PM)	
6:15 PM						
6:30 PM	Adult Brazilian Jiu Jitsu (6:30PM - 7:15PM)	Adult BJJ Fundamentals (6:30PM - 7:15PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:15PM)	Adult BJJ Fundamentals (6:30PM - 7:15PM)	Adult No-Gi BJJ (6:30PM - 7:15PM)	
7:15 PM						

Muay Thai

Time	Mon	Tue	Wed	Thu	Fri	Sat
6:15 AM	Adult Muay Thai (6:15AM - 7:00AM)			Adult Muay Thai (6:15AM - 7:00AM)		
7:00 AM						
8:00 AM						Adult Muay Thai (8:00AM - 8:45AM)
8:45 AM						
9:00 AM						Youth (6-15) Muay Thai (9:00AM - 09:45AM)
9:45 AM						
4:30 PM		Youth (6-15) Muay Thai (4:30PM - 5:15PM)		Youth (6-15) Muay Thai (4:30PM - 5:15PM)		
5:15 PM						
7:30 PM	Adult Muay Thai (7:30PM - 8:15PM)		Adult Muay Thai (7:30PM - 8:15PM)			
8:15 PM						

Strength and Conditioning

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