



Brazilian Jiu-Jitsu

Time	Mon	Tue	Wed	Thu	Fri	Sat
7:15 AM	Adult Brazilian Jiu Jitsu (7:15AM - 8:15AM)	Adult BJJ Fundamentals (7:15AM - 8:15AM)	Adult Brazilian Jiu Jitsu (7:15AM - 8:15AM)	Adult BJJ Fundamentals (7:15AM - 8:15AM)	Adult Brazilian Jiu Jitsu (7:15AM - 8:15AM)	
8:15 AM						
10:00 AM						PeeWee (3-7) Brazilian Jiu Jitsu (10:00AM - 10:45AM)
10:45 AM						
11:00 AM						Youth (7-13) Brazilian Jiu Jitsu (11:00AM - 11:45AM)
11:45 AM						
12:00 PM	Adult Brazilian Jiu Jitsu (12:00PM - 1:00PM)	Adult BJJ Fundamentals (12:00PM - 1:00PM)	Adult Brazilian Jiu Jitsu (12:00PM - 1:00PM)	Adult BJJ Fundamentals (12:00PM - 1:00PM)		Adult Brazilian Jiu Jitsu (12:00PM - 12:45PM)
1:00 PM						
1:30 PM						Adult BJJ (Partner) Live Training (1:00PM - 2:00PM)
2:00 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	PeeWee & Youth No-Gi BJJ (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) Brazilian Jiu Jitsu (5:30PM - 6:15PM)	Youth (7-13) Brazilian Jiu Jitsu Private Training (5:00PM - 6:00PM)	
6:15 PM						
6:30 PM	Adult No-Gi BJJ (6:30PM - 7:15PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:15PM)	Adult Brazilian Jiu Jitsu (6:30PM - 7:15PM)	Adult BJJ Fundamentals (6:30PM - 7:15PM)		
7:15 PM						
7:30 PM	Adult No-Gi BJJ (Partner) (7:30PM - 8:30PM)		Adult BJJ (Partner) Live Training (7:30PM - 8:30PM)			
8:30 PM						

Muay Thai

Time	Mon	Tue	Wed	Thu	Fri	Sat
9:00 AM						Adult Muay Thai (9:00AM - 9:45AM)
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 - 8:30PM)		Adult Muay Thai (7:30PM - 8:30PM)	Adult Muay Thai (7:30PM - 8:30PM)	
8:30 PM						