



Brazilian Jiu-Jitsu

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM		Adult All Levels Brazilian Jiu Jitsu (6:00AM - 7:00AM)		Adult All Levels Brazilian Jiu Jitsu (6:00AM - 7:00AM)			
7:00 AM							
10:00 AM						Kids (3-7) Brazilian Jiu Jitsu (10:00AM - 10:45AM)	
10:45 AM							
11:00 AM						Youth (7-13) Brazilian Jiu Jitsu (11:00AM - 11:55AM)	
11:45 AM							
12:00 PM	Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)		Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)		Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)	Adult All Levels Brazilian Jiu Jitsu (12:00PM - 12:55PM)	Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)
1:00 PM							
1:30PM						Adult BJJ Advanced Sparring Training (1:00PM - 2:00PM)	
2:00PM							
3:00PM							
4:00PM							
4:45 PM	Kids (3-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)		Kids (3-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)				
5:00 PM							
5:30 PM	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Youth (3-13) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Youth (3-13) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Youth (7-13) Brazilian Jiu Jitsu Advanced Training (5:00PM - 6:00PM)		
5:45 PM							
6:30 PM	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:25PM)	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:25PM)	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:25PM)	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:25PM)	Adult All Levels No-Gi BJJ (6:30PM - 8:00PM)		
6:45 PM							
7:30 PM		Adult NoGi Advanced Sparring Training (7:30PM - 8:30PM)		Adult NoGi Advanced Sparring Training (7:30PM - 8:30PM)			
8:30 PM							

Muay Thai

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00 AM	Adult All Levels Muay Thai (7:00AM - 8:00AM)		Adult All Levels Muay Thai (7:00AM - 8:00AM)				
7:30 AM							
8:00 AM						Adult All Levels Muay Thai (8:00AM - 8:55AM)	
8:45 AM							
9:00 AM						Youth (6-15) Muay Thai (9:00AM - 9:55AM)	
9:45 AM							
4:30 PM		Youth (6-15) Muay Thai (4:30PM - 5:25PM)		Youth (6-15) Muay Thai (4:30PM - 5:25PM)			
5:15 PM							
7:30 PM	Adult All Levels Muay Thai (7:30PM - 8:30PM)		Adult All Levels Muay Thai (7:30PM - 8:30PM)				
8:15 PM					Adult All Levels Muay Thai (8:15PM - 9:15PM)		
9:15 PM							

Strength and Conditioning

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