



## 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	Adult Brazilian Jiu Jitsu (11:00AM - 12:00PM)	Adult Brazilian Jiu Jitsu (11:00AM - 12:00PM)	Adult Brazilian Jiu Jitsu (11:00AM - 12:00PM)	Adult Brazilian Jiu Jitsu (11:00AM - 12:00PM)		Youth (7-13) Brazilian Jiu Jitsu (11:00AM - 12:00PM)
11:30 AM						
12:00 PM						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	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)	PeeWee & Youth No-Gi BJJ (5:30PM - 6:30PM)		
6:00 PM						
5:30 PM	Adult Brazilian Jiu Jitsu (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)	Adult No-Gi BJJ (6:30PM - 7:30PM)	
6:00 PM						
7:30 PM				Adult Advanced Brazilian Jiu Jitsu (7:30PM - 8:30PM)		
8:00 PM						

## Muay Thai

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

## Strength and Conditioning

Time	Mon	Tue	Wed	Thu	Fri	Sat
4:30 PM	Strength and Conditioning (4:30PM - 5:30PM)	Strength and Conditioning (4:30PM - 5:30PM)	Strength and Conditioning (4:30PM - 5:30PM)	Strength and Conditioning (4:30PM - 5:30PM)		
5:00 PM						
5:30 PM	Strength and Conditioning (5:30PM - 6:30PM)	Strength and Conditioning (5:30PM - 6:30PM)	Strength and Conditioning (5:30PM - 6:30PM)	Strength and Conditioning (5:30PM - 6:30PM)		
6:00 PM						