



Brazilian Jiu-Jitsu

Time	Mon	Tue	Wed	Thu	Fri	Sat
7:15 AM	Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)	Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)	Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)	Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)	Adult All Levels Brazilian Jiu Jitsu (7:00AM - 8:00AM)	
8:15 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 - 11:45AM)
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 - 1:00PM)		Adult All Levels Brazilian Jiu Jitsu (12:00PM - 12:55PM)
1:00 PM						
1:30 PM						Adult BJJ Advanced Sparring Training (1:00PM - 2:00PM)
2:00 PM						
4:45 PM		Kids (3-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)		Kids (3-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)		
5:25 PM						
5:30 PM	PeeWee & Youth No-Gi BJJ (5:30PM - 6:25PM)	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	PeeWee & Youth Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:25PM)	Youth (7-13) Brazilian Jiu Jitsu Advanced Training (5:00PM - 6:00PM)	
6:25 PM						
6:30 PM	Adult All Levels No-Gi BJJ (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)		Ladies Only Brazilian Jiu Jitsu (6:00PM - 7:00PM)
7:25 PM						
7:30 PM	Adult No-Gi BJJ Sparring Training (7:30PM - 8:30PM)		Adult BJJ Advanced Sparring Training (7:30PM - 8:30PM)			
8:30 PM						

Muay Thai

Time	Mon	Tue	Wed	Thu	Fri	Sat
2:00 PM						Adult All Levels Muay Thai (2:00PM - 3:00PM)
3:00 PM						
4:30 PM	Youth (6-15) Muay Thai (4:30PM - 5:25PM)		Youth (6-15) Muay Thai (4:30PM - 5:25PM)			
5:25 PM						
7:00 PM					Adult Advanced Muay Thai (7:00PM - 8:00PM)	
7:30 PM		Adult All Levels Muay Thai (7:30PM - 8:30PM)		Adult All Levels Muay Thai (7:30PM - 8:30PM)		
8:30 PM						