

SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30am - 7:30am BJJ All Levels	6:30am - 7:30am BJJ All Levels Muay Thai All Levels	6:30am - 7:30am BJJ All Levels	6:30am - 7:30am BJJ All Levels Muay Thai All Levels	6:30am - 7:30am BJJ NoGi	
	11:00am - 12:00pm Muay Thai All Levels		11:00am - 12:00pm Muay Thai All Levels		10:30am - 11:30am Kids BJJ All Ages
12:00pm - 1:30pm BJJ All Levels	12:00pm - 1:30pm BJJ All Levels	12:00pm - 1:30pm BJJ All Levels	12:00pm - 1:30pm BJJ All Levels	12:00pm - 1:30pm NOGI All Levels	12:00pm - 1:30pm Open Mat
	4:00pm - 4:45pm Kids BJJ (3+ years)		4:00pm - 4:45pm Kids BJJ (3+ years)		
4:45pm - 5:30pm Kids BJJ (4-7 years)	4:45pm - 5:30pm Kids BJJ (4-7 years)	4:45pm - 5:30pm Kids BJJ (4-7 years)	4:45pm - 5:30pm Kids BJJ (4-7 years)	4:45pm - 5:30pm Kids NOGI (4-7 years)	
	4:45pm - 5:30pm Kids Muay Thai (8-13)		4:45pm - 5:30pm Kids Muay Thai (8-13)		
5:30pm - 6:30pm Muay Thai All Levels	5:30pm - 6:30pm Muay Thai All Levels	5:30pm - 6:30pm Muay Thai All Levels	5:30pm - 6:30pm Muay Thai All Levels	5:30pm - 6:30pm Muay Thai All Levels	
5:30pm - 6:30pm Kids BJJ (8-13 years)	5:30pm - 6:30pm Kids BJJ (8-13 years)	5:30pm - 6:30pm Kids BJJ (8-13 years)	5:30pm - 6:30pm Kids BJJ (8-13 years)	5:30pm - 6:30pm Kids NOGI (8-13 years)	
6:30pm - 7:30pm BJJ Fundamentals	6:30pm - 7:30pm BJJ Fundamentals	6:30pm - 7:30pm BJJ Fundamentals	6:30pm - 7:30pm BJJ Fundamentals	6:30pm - 7:30pm NOGI Fundamentals	
7:30pm - 9:00pm BJJ All Levels	7:30pm - 9:00pm BJJ All Levels	7:30pm - 9:00pm BJJ All Levels	7:30pm - 9:00pm BJJ All Levels	7:30pm - 9:00pm NOGI All Levels	