

| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------|--------|-------------------------------|------------------------------|---------------------------------|-------------------------------|--------------------------------|------------------------|
| 6:00AM | | Advanced Gi BJJ | | Advanced No Gi BJJ Muay Thai | Kickboxing | Advanced No-Gi Sparring BJJ | |
| 6:30AM | | | | | | | |
| 7:00AM | | | | | | | |
| 7:30AM | | | | | | | |
| 8:00AM | | | | | | | Kickboxing |
| 8:30AM | | | | | | | |
| 9:00AM | | | | | | | |
| 9:30AM | | | | | | | |
| 10:00AM | | | | | | | |
| 10:30AM | | | | | | | |
| 11:00AM | | BJJ Fundamentals | BJJ Advanced Sparring | BJJ Fundamentals No-Gi | BJJ Advanced Sparring | Beginner's BJJ No-Gi | Kid's BJJ Muay Thai |
| 11:30AM | | | | | | | |
| 12:00PM | | OPEN MAT | OPEN MAT | OPEN MAT | OPEN MAT | OPEN MAT | OPEN MAT |
| 12:30PM | | | | | | | |
| 1:00PM | | | | | | | |
| 1:30PM | | | | | | | |
| 2:00PM | | | | | | | |
| 2:30PM | | | | | | | |
| 3:00PM | | | | | | | |
| 3:30PM | | | | | | | |
| 4:00PM | | | | | | | |
| 4:30PM | | | | | | | |
| 5:00PM | | Teen's BJJ | Kid's BJJ | Teen's BJJ | Kid's BJJ | | |
| 5:30PM | | | | | | | |
| 6:00PM | | BJJ Fundamentals Muay Thai | Beginner's BJJ Kickboxing | BJJ Fundamentals No-Gi | BJJ Fundamentals Muay Thai | | |
| 6:30PM | | | | | | | |
| 7:00PM | | Advanced BJJ Sparring | Advanced BJJ Sparring | Advanced Sparring | BJJ Competition Class | | |
| 7:30PM | | | | | | | |