

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM				Advanced No Gi BJJ		Advanced No-Gi Sparring BJJ	
6:30AM							
7:00AM							
7:30AM							
8:00AM						Women's	Kickboxing
8:30AM						Self-Defense	
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	BJJ Fundamentals No-Gi	BJJ Fundamentals Muay Thai		
6:30PM							
7:00PM		Advanced BJJ Sparring	Advanced BJJ Sparring	Advanced Sparring No-Gi	BJJ Competition Class		
7:30PM							