

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM				Gracie Fundamentals		Gracie Fundamentals	
6:30AM				Reservations Required		Reservations Required	
7:00AM							
7:30AM							
8:00AM						Women's	Kickboxing
8:30AM						Self-Defense	
9:00AM							
9:30AM							
10:00AM							
10:30AM							
11:00AM		Gracie Fundamentals	No-Gi Fundamentals	Gracie Fundamentals	No-Gi Fundamentals	Beginner's BJJ No-Gi	Kid's BJJ Muay Thai
11:30AM							
12:00PM		Positional Sparring	No-Gi Randori	Positional Sparring	No-Gi Randori	Positional Sparring	OPEN MAT
12:30PM		& Drilling		& Drilling		& Drilling	
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		Gracie Fundamentals Muay Thai	No-Gi Beginner's BJJ	Gracie Intermediate	No-Gi Fundamentals Muay Thai		
6:30PM							
7:00PM		Gracie Advanced	Advanced No-Gi	Gracie Advanced	No-Gi Advanced		
7:30PM							