

# Class Schedule

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
6:00-7:00am Adult BJJ		6:00-7:00am Adult BJJ		6:00-7:00am Adult BJJ		6:00-7:00am Adult BJJ		6:00-7:00am Adult BJJ		
		10:30-Noon Adult BJJ				10:30-Noon Adult BJJ			8:00-9:15am Advanced BJJ Fundamental BJJ	
									9:30-10:30am Krav Maga	
4-4:30pm 4-6yo BJJ		4-4:30pm 4-6yo BJJ				4-4:30pm 4-6yo BJJ				
4:30-5:15pm Kids Kickboxing		4:30-5:15pm Kids BJJ		4:30-5:15pm Kids Kickboxing		4:30-5:15pm Kids BJJ			11:00-Noon Adult BJJ	1-2:30pm Adult BJJ
5:30-6:15pm Kids BJJ	6:15-7:15pm	5:30-6:15pm Kids BJJ		5:30-6:15pm Kids NoGi	6:15-7:15pm	5:30-6:15pm Kids BJJ	5:30-6:30pm Women's BJJ Curriculum		12:30 - 1:30 Kids Competition	3:00-4:00pm
6:30-8:00pm Fundamental BJJ	Thai Boxing	6:30-7:45pm MMA Grice	6:30-7:45pm Adult BJJ	6:30-7:30 Krav Maga	Thai Boxing	6:30-7:30 Krav Maga	6:30-7:30 Fundamental BJJ	6:30-8:00pm Open Mat		MMA Grice
7:15-8:15 NoGi Drills	7:15-8:15 Women's BJJ	Open Mat			7:15-8:15 Adult NoGi	7:30-8:30 Thai Boxing Drills	7:30-8:30 Competition Practice			

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