

# Class Schedule

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

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