

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		
									8:00-9:15am Adult BJJ	
		11am-12:30 Adult BJJ				11am-12:30 Adult BJJ			9:30-10:30am Krav Maga	
4-4:30pm 4-7yo BJJ		4-4:30pm 4-7yo BJJ				4-4:30pm 4-7yo BJJ				
4:30-5:15pm Kids Kickboxing		4:30-5:15pm Kids Gi BJJ 8-13yo		4:30-5:15pm Kids Kickboxing		4:30-5:30pm Kids Advanced Gi BJJ 8-13yo		Kids Competition 4:30-5:30pm	11:00-Noon Adult BJJ	1-2:30pm Adult BJJ
5:15-6:00pm Kids Gi BJJ 8-13yo		5:15-6:00pm Kids NoGi BJJ 8-13yo		5:15-6:00pm Kids Gi BJJ 8-13yo		5:30-6:30pm Kids Advanced NoGi BJJ	5:30-6:30pm Women's Open Training			
6:00-7:00pm Adult BJJ	6:00-7:00pm Thai Boxing	6:30-7:45pm Advanced BJJ	6:30-7:45pm Fundamental BJJ	6:00-7:00 Thai Boxing	6:00-7:00pm Krav Maga	6:30-7:30 Fundamental BJJ	6:30-7:30 Thai Boxing	6:00-8:00pm Open Mat		
7:00-8:00 Adult NoGi				7:00-8:00 Adult NoGi		7:30-8:30 Competition Practice				

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