



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00 AM Teens/Adults Jiu-Jitsu (age 15+)	6:00-7:00 AM Teens/Adults Jiu-Jitsu (age 15+)	6:00-7:00 AM Teens/Adults Jiu-Jitsu No-Gi (age 15+)	6:00-7:00 AM Teens/Adults Jiu-Jitsu No-Gi (age 15+)	6:00-7:00 AM Teens/Adults Jiu-Jitsu (age 15+)	9:00-11:00 AM Open Mat *By Demand*	
4:15 -5:15 PM Kids Jiu-Jitsu (age 5-14)	4:15 -5:15 PM Kids Jiu-Jitsu (age 5-14)	4:15 -5:15 PM Kids Jiu-Jitsu (age 5-14)	4:15 -5:15 PM Kids Jiu-Jitsu No-Gi (age 5-14)			
5:15-6:15 PM Boxing (age 15+)	5:15-6:15 PM Kickboxing (age 15+)	5:15-6:15 PM Boxing (age 15+)	5:15-6:15 PM Kickboxing (age 15+)			
6:15-7:15 PM Teens/Adults Jiu-Jitsu (age 15+)	6:15-7:15 PM Teens/Adults Jiu-Jitsu (age 15+)	6:15-7:15 PM Teens/Adults Jiu-Jitsu No-Gi (age 15+)	6:15-7:15 PM Teens/Adults Jiu-Jitsu No-Gi (age 15+)			