

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No-Gi Jiu Jitsu 4:30 - 5:30 PM	No-Gi Jiu Jitsu 4:30 - 5:30 PM	No-Gi Jiu Jitsu 4:30 - 5:30 PM	No-Gi Jiu Jitsu 4:30 - 5:30 PM	No-Gi Jiu Jitsu 4:30 - 5:30 PM	Monday-Friday 6am-12pm, 4pm-8pm Saturday 8am-12pm Sunday 9:30am-12pm	
Kid's No-Gi Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM	Kid's Gi Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM	Kid's No-Gi Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM	Kid's Gi Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM	Kid's No-Gi Jiu Jitsu (4-8 Yrs) 4:30 - 5:00 PM		
Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM	Strength & Conditioning 5:00 - 6:00 PM		
Muay Thai 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM	Muay Thai 5:00 - 6:00 PM		
Kid's No-Gi Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM	Kid's Gi Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM	Kid's No-Gi Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM	Kid's Gi Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM	Kid's No-Gi Jiu Jitsu (8-15 Yrs) 5:00 - 6:00 PM		
Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM	Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM	Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM	Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM	Kid's Boxing (4-15 Yrs) 5:00 - 6:00 PM		
Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM	Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM	Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM	Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM	Kid's Muay Thai (4-15 Yrs) 6:00 - 7:00 PM		
Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM	Boxing 6:00 - 7:00 PM		
Wrestling 6:00 - 7:00 PM	Gi Jiu Jitsu 6:00 - 7:00 PM	Wrestling 6:00 - 7:00 PM	Gi Jiu Jitsu 6:00 - 7:00 PM			
	MMA 7:00 - 8:00 PM	Sparring 7:00 - 8:00 PM	MMA 7:00 - 8:00 PM			