

MAT 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am							
10:00 am	Adult BJJ 10:00 am - 11:00 am		Adult BJJ 10:00 am - 11:00 am				Competition Training 10:00 am - 12:00 pm
11:00 am							
12:00 pm		Adult BJJ 12:00 pm - 1:00 pm		Adult BJJ 12:00 pm - 1:00 pm			
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	Kids 3-5 BJJ 5:15 pm - 6:00 pm	MMA Power Hour 5:00 pm - 6:00 pm	Kids 3-5 BJJ 5:15 pm - 6:00 pm	MMA Power Hour 5:00 pm - 6:00 pm			
6:00 pm	Kids 6-12 BJJ 6:00 pm - 6:45 pm	Kickboxing 6:00 pm - 7:00 pm	Kids 6-12 BJJ 6:00 pm - 6:45 pm	Kickboxing 6:00 pm - 7:00 pm	Wrestling 6:00 pm - 7:00 pm		
7:00 pm	Adult BJJ 7:00 pm - 8:30 pm	Adult BJJ 7:00 pm - 8:30 pm	Adult BJJ 7:00 pm - 8:30 pm	Adult BJJ 7:00 pm - 8:30 pm			
8:00 pm							

MAT 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Combat Conditioning 9:00 am - 10:00 am		Combat Conditioning 9:00 am - 10:00 am				
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm	Women's Only BJJ - No Gi 5:00 pm - 6:00 pm			Women's Only BJJ - Advanced Gi 5:00 pm - 6:00 pm			
6:00 pm				Women's Only BJJ - Gi Fundamentals 6:00 pm - 7:00 pm			
7:00 pm	Intro to BJJ 7:00 pm - 8:00 pm		Intro to BJJ 7:00 pm - 8:00 pm				
8:00 pm							