

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults Gi 5:00 am		Adults Gi 5:00 am		Adults Open Mat 5:00 am	Adults Open Mat *Times Vary*	Adults Open Mat *Times Vary*
Adults Gi 6:30 am	Adults No Gi 6:30 am	Adults Gi 6:30 am	Adults No Gi Jiu Jitsu 6:30 am	Adults Open Mat 6:30 am		
Adults Gi 10:00 am	Adults No Gi 10:00 am	Adults Gi 10:00 am	Adults No Gi Jiu Jitsu 10:00 am	Adults Open Mat 10:00 am		
Kids Gi Beginners 4:30 pm	Kids No Gi Beginner 4:30 pm	Kids Gi Beginners 4:30 pm	Kids No Gi Beginners 4:30 pm			
Kids Intermediate Gi 5:00 pm	Kids No Gi Intermediate 5:00 pm	Kids Gi Intermediate 5:00 pm	Kids No Gi Intermediate 5:00 pm			
Kids Competition (Gi) 5:30 pm	Kids Competition (No Gi) 5:30 pm	Kids Competition (Gi) 5:30 pm	Kids Competition (No Gi) 5:30 pm			
	Taekwondo 5:00 pm	Kids Muay Thai 5:30 pm	Taekwondo 5:00 pm	Kids Muay Thai 5:30 pm		
Adults Gi 6:00 pm	Adults No Gi 6:00 pm	Adults Gi 6:00 pm	Adults No Gi 6:00 pm			
Muay Thai/Striking Class 6:00 pm	Women's Only Jiu Jitsu 6:00 pm	Muay Thai/Striking Class 6:00 pm	Women's Only Jiu Jitsu 6:00 pm	Muay Thai/Striking Class 6:00 pm		
Adult Advanced Gi 6:30 pm	Adults All levels No Gi 6:30 pm	Adult Advanced Gi 6:30 pm	Adults All levels No Gi 6:30 pm			