

SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:00-1:00 PM	Lunch Classes		Lunch Classes		Lunch Classes
5:00-6:00 PM	Kids Age 8+ Jiu Jitsu	Kids Age 8+ Jiu Jitsu	Kids Age 8+ Jiu Jitsu	Kids Age 8+ Jiu Jitsu	
6:00-6:30 PM					
6:30-7:00 PM	No Gi	Kickboxing	MMA / No Gi	Kickboxing	
7:00-7:30 PM	Fundamental Jiu Jitsu	Advanced Jiu Jitsu	Fundamental Jiu Jitsu	Advanced Jiu Jitsu	BJJ Fundamentals
7:30-8:00 PM					
8:00-8:30 PM	Open Mat	Fundamental Jiu Jitsu	Advanced Jiu Jitsu	Fundamental Jiu Jitsu	No Gi
8:30-9:00 PM					