



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER 3:45-4:25PM	NO GI JIU JITSU	MMA	GI			OPEN MAT 9AM-11AM
LEVEL 2-3 4:35PM-5:30PM	NO GI JIU JITSU	GI	NO GI JIU JITSU	GI		OPEN MAT 9AM-11AM
*LEVEL 2- ADULTS 5:35PM-6:35PM	*WRESTLING	KIDS MMA	*WRESTLING	KIDS MMA	OPEN MAT 5:35PM-7:35PM	OPEN MAT 9AM-11AM
*LEVEL 2-ADULTS 5:35PM-6:35PM		*JUDO		*JUDO		OPEN MAT 9AM-11AM
TEENS-ADULTS 6:35PM-7:35PM	MMA	GI	MMA	GI	MUAY THAI	OPEN MAT 9AM-11AM
TEENS-ADULTS 7:35PM-8:35PM	NO GI JIU JITSU	MMA	NO GI JIU JITSU	MMA	SPARRING	OPEN MAT 9AM-11AM
TEENS-ADULTS 8:35PM-9:00PM	LIVE ROLLS	SPARRING	LIVE ROLLS	SPARRING		OPEN MAT 9AM-11AM