



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
KID'S BEGINNER 3:45PM -4:25PM	NO GI JIU JITSU	MMA	GI JIU JITSU	PRIVATE LESSONS ONLY
8-12 YRS ADVANCED 4:35PM-5:30PM	NO GI JIU JITSU	MMA	GI JIU JITSU	KIDS SPARRING INVITE ONLY
5-7 YRS ADVANCED 5:35PM-6:30PM	NO GI JIU JITSU	MMA	GI JIU JITSU	FLOW FIGHTERS ONLY COMPETITION TEAM
TEEN-ADULT 6:35PM-7:35PM	GI JIU JITSU	MMA	NO GI JIU JITSU	GI JIU JITSU
TEEN-ADULT 7:35PM-8:35PM	MMA	NO GI JIU JITSU	MMA	MMA

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FRI/SAT/SUN INVITE ONLY/PRIVATE TRAINING FOR FIGHT TEAM