



OUR SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:00–8:00 AM Gi & No Gi Jiu Jitsu		7:00–8:00 AM Gi & No Gi Jiu Jitsu		
						10:30–12:00 PM FREE Kid's Pro Training
11:00–12:00 PM Women-Only Open Training						11:00–12:00 PM FREE Kids Class
12:00–2:00 PM Open Mat	12:00–2:30 PM Pro Training (Free)	12:00–2:30 PM Pro Training (Members only)	12:00–2:30 PM Pro Training (Free)	12:00–2:30 PM Pro Training (Members only)	12:00–2:30 PM Pro Training (Free)	12:00–1:00 PM Jiu Jitsu Class
						1:00–2:00 PM Open Mat
		4:00–5:30 PM Kids Jiu Jitsu	4:00–5:30 PM Wrestling	4:00–5:30 PM Kids Jiu Jitsu	4:00–5:30 PM Kids Jiu Jitsu	
	5:30–6:30 PM Foundation Program	5:30–6:30 PM Open Drilling	5:30–6:30 PM Foundation Program	5:30–6:30 PM Open Drilling	5:30–6:30 PM Self-Defense/ Foundation	
	6:30–8:30 PM Jiu Jitsu Class	6:30–8:00 PM Jiu Jitsu Class	6:30–8:30 PM Jiu Jitsu Class	6:30–8:00 PM Jiu Jitsu Class	6:30–8:00 PM Submission Grappling	
	8:30–10:00 PM Submission Grappling	8:00–9:30 PM Competition Class	8:30–10:00 PM Submission Grappling	8:00–9:30 PM Jiu Jitsu Class	8:00–9:30 PM Jiu Jitsu Class	
		9:30–10:30 PM Gi & No Gi Jiu Jitsu		9:30–10:30 PM Gi & No Gi Jiu Jitsu		