

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		7:00–8:30 AM <b>Gi &amp; No Gi Jiu Jitsu</b>		7:00–8:30 AM <b>Gi &amp; No Gi Jiu Jitsu</b>	7:30–9:00 AM <b>Gi &amp; No Gi Jiu Jitsu</b>	10:30–12:00 PM <b>FREE Kid's Pro Training</b>
11:00–12:00 PM <b>Women-Only Open Training</b>						11:00–12:00 PM <b>FREE Kids Class</b>
12:00–2:00 PM <b>Open Mat</b>	12:00–2:30 PM <b>Pro Training (Free)</b>	12:00–2:30 PM <b>Pro Training (Members only)</b>	12:00–2:30 PM <b>Pro Training (Free)</b>	12:00–2:30 PM <b>Pro Training (Members only)</b>	12:00–2:30 PM <b>Pro Training (Free)</b>	12:00–1:00 PM <b>Jiu Jitsu Class</b>
						1:00–2:00 PM <b>Open Mat</b>
	3:30–4:30 PM <b>Jiu Jitsu Play</b>	4:00–5:30 PM <b>Varsity Kids</b>	3:30–4:30 PM <b>Jiu Jitsu Play</b>	4:00–5:30 PM <b>Varsity Kids</b>		
	4:30–5:30 PM <b>JV Kids</b>		4:00–5:30 PM <b>All-Ages Wrestling</b>			
	5:30–6:30 PM <b>Foundation Program</b>	5:30–6:30 PM <b>Open Drilling</b>	5:30–6:30 PM <b>Foundation Program</b>	5:30–6:30 PM <b>Open Drilling</b>	5:30–6:30 PM <b>Self-Defense/ Foundation</b>	
	6:30–8:30 PM <b>Jiu Jitsu Class</b>	6:30–8:00 PM <b>Jiu Jitsu Class</b>	6:30–8:30 PM <b>Jiu Jitsu Class</b>	6:30–8:00 PM <b>Jiu Jitsu Class</b>	6:30–8:00 PM <b>Submission Grappling</b>	
		8:00–9:30 PM <b>Competition</b>		8:00–9:30 PM <b>Jiu Jitsu Class</b>	8:00–9:30 PM <b>Jiu Jitsu Class</b>	
	9:30–10:00 PM		9:30–10:00 PM			