

OUR SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:00 AM–8:00 AM Personal Training Available	7:00–8:00 AM Adult Jiu Jitsu	5:00 AM–8:00 AM Personal Training Available	7:00–8:00 AM Adult Jiu Jitsu	5:00 AM–8:00 AM Personal Training Available	
8:00–8:45 AM Sync Fitness Session						
9:00–10:00 AM Adult Fundamentals			10:00 AM–2:00 PM Personal Training Available		10:00 AM–2:00 PM Personal Training Available	
10:00–11:00 AM Open Mat						1:00 PM–2:30 PM Adult BJJ
11:30 AM–12:30 PM Kids No Gi BJJ						
12:30–2:00 PM Kids BJJ Competition Class						
3:30–5:00 PM Personal Training Available						
		5:00–6:00 PM Personal Training Available	5:30 PM–6:15 PM Kids BJJ Fundamentals	5:00–6:00 PM Personal Training Available	5:30 PM–6:15 PM Kids BJJ Fundamentals	
		6:00–6:45 PM Kids Athlete Boot Camp	6:15 PM–7:45 PM Kids BJJ	6:00–6:45 PM Kids Athlete Boot Camp	6:15 PM–7:45 PM Kids BJJ	
	7:00–8:00 PM Sync Fitness Session	7:00 PM–8:00 PM Sync Fitness Session		7:00 PM–8:00 PM Sync Fitness Session		
	8:00–10:00 PM Adult Competition Class	8:00 PM–9:00 PM Sync Fitness Session	7:45–9:15 PM Adult BJJ	8:00–9:00 PM Sync Fitness Session	7:45–9:15 PM Adult BJJ	