



OUR SCHEDULE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|--|---|
| | 7:00AM - 8:30AM GI/NO GI CLASS | 7:00AM - 8:30AM GI/NO GI CLASS | 7:00AM - 8:30AM GI/NO GI CLASS | 7:00AM - 8:30AM GI/NO GI CLASS | 7:00AM - 8:00AM All Levels Wrestling | |
| 10:00PM - 11:00AM White-Belt Class | | | | | | 9:00AM - 10:30AM GI/NO GI CLASS |
| 11:00AM - 12:00PM GI/NO GI CLASS | 11:00AM - 1:30PM PRO TRAINING | 11:00AM - 1:30PM PRO TRAINING | 11:00AM - 1:30PM PRO TRAINING | 11:00AM - 1:30PM PRO TRAINING | | 11:00AM - 12:00PM KIDS CLASS |
| 12:00PM - 1:00PM OPEN MAT | | | | | | 11:30AM INTRO LESSON FOR MEN |
| 1:00PM - 2:00PM ADAPTIVE JIU JITSU FREE | | | | | | 12:00PM - 2:00PM CLASS |
| | | | | | | 2:10PM - 3:00PM Q&A SESSION |
| | | 3:30PM - 4:15PM KIDS CLASS 3 - 6 yrs old | 3:30PM - 4:15PM KIDS CLASS 3 - 6 yrs old | 3:30PM - 4:15PM KIDS CLASS 3 - 6 yrs old | 3:00PM - 4:00PM ALL LEVELS STRIKING | |
| | 4:00PM - 5:00PM All Levels Wrestling | 4:15PM - 5:15PM KIDS CLASS 7 - 14 yrs old | 4:15PM - 5:15PM KIDS CLASS 7 - 14 yrs old | 4:15PM - 5:15PM KIDS CLASS 7 - 14 yrs old | 4:00PM - 5:00PM CLASS | |
| | 5:30PM INTRO LESSON FOR MEN & WOMEN | | | 5:30PM INTRO LESSON FOR WOMEN | 5:00PM - 6:00PM SELF DEFENSE FREE | |
| | 5:30PM - 6:30PM CLASS | 5:30PM - 6:30PM FOUNDATIONS | 5:30PM - 6:30PM GI/NO GI CLASS | 5:30PM - 6:30PM White-Belt Class | 6:00PM - 7:30PM GI/NO GI CLASS | |
| | 6:45PM - 8:45PM CLASS | 6:45PM - 8:45PM NO GI CLASS | 6:45PM - 8:15PM CLASS | 6:45PM - 8:15PM CLASS | 7:30PM - 8:30PM White-Belt Class | |
| | | | | | 7:30PM - 9:00PM OPEN MAT | |
| | 9:00PM - 10:00PM GI/NO GI CLASS | 9:00PM - 10:00PM CLASS | 8:30PM - 10:00PM CLASS | 8:30PM - 10:00PM NO GI CLASS | | |

MUST WEAR: SHIRT/RASHGUARD/GI TOP - SHORTS/GI PANTS

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