



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	
						9:00AM - 10:30AM GI/NO GI CLASS
10:00PM - 11:00AM White-Belt Class						11:00AM - 12:00PM KIDS 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		11:30AM INTRO LESSON FOR MEN
12:00PM - 1:00PM OPEN MAT						
1:00PM - 2:00PM ADAPTIVE JIU JITSU FREE					12:00PM - 1:00PM All-Levels Gi & NoGi	12:00PM - 2:00PM CLASS
					1:00PM - 1:30PM OPEN MAT	
						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		
	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	
	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	7:30PM - 9:00PM OPEN MAT	

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

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