

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30am - 7:00am	Brazilian Jiu-Jitsu (Adults) 6:30-8:00am		NoGi (Adults) 6:30-8:00am		Brazilian Jiu-Jitsu (Adults) 6:30-8:00am		
7:00am - 7:30am							
7:30am - 8:00am							
9:00am - 9:30am						Open Mat* 9:00-11:00am	
9:30am - 10:00am							
10:00am - 10:30am						Open Sparring* 11:00am- 1:00pm	
10:30am - 11:00am							
11:00am - 11:30am							
11:30am - 12:00pm							
12:00pm - 12:30pm							
12:30pm - 1:00pm							
4:00pm - 4:30pm							
4:30pm - 5:00pm					Tiny Ninjas* 4:00-5:00pm		
5:00pm - 5:30pm	Kid's NoGi 5:00-6:00pm	Kid's Brazilian Jiu-Jitsu 5:00-6:00pm	Kid's Brazilian Jiu-Jitsu 5:00-6:00pm	Kid's Brazilian Jiu-Jitsu 5:00-6:00pm	Kid's Kickboxing 5:00- 6:00pm		
5:30pm - 6:00pm							
6:00pm - 6:30pm	Tiny Ninjas* 6:00-7:00pm	Brazilian Jiu-Jitsu (Adults) 6:00-7:30pm	Brazilian Jiu-Jitsu (Adults) 6:00-8:00pm	NoGi (Adults) 6:00-7:30pm	NoGi (Adults) 6:00-8:00pm		
6:30pm - 7:00pm							
7:00pm - 7:30pm	Kickboxing Fundamentals 7:00pm-8:00pm						
7:30pm - 8:00pm	Combat Jiu-Jitsu 8:00- 9:00pm	Kickboxing 7:30-9:00pm		MMA 7:30-9:00pm			
8:00pm - 8:30pm							
8:30pm - 9:00pm							

Note: Classes marked with * are not available for free trials.
Must RSVP the night prior for morning classes.