



# Weekly Class Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		5:15 AM Adults (All Levels)		5:15 AM Adults (All Levels)		
					9:30 AM Kids Class (All Levels)	
					10:30 AM Adults (All Levels)	
12:00 PM Adults (All Levels)		12:00 PM Adults (All Levels)		12:00 PM Adults <u>NOGI / BJJ</u> (All Levels)		OPEN MAT 1:00 - 3:00 pm (Adults)
	5:30 PM Kids Class (All Levels)	5:30 PM KIDS - ADVANCE Competition Class	5:30 PM Kids Class (All Levels)			
6:30 PM Adults (All Levels)	6:30 PM Adults (All Levels)	6:30 PM Adults (All Levels)	6:30 PM NOGI /BJJ (All Levels)	6:30 PM Adults (All Levels)		
			OPEN MAT 7:30 - 8:15 pm (Adults)			

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