



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 (All Levels)			OPEN MAT 1:00 - 3:00 pm (Adults)
	5:30 PM Kids Class (All Levels)	5:30 PM KIDS - ADVANCED Competition Class (Selected Students)	5:30 PM Kids Class (All Levels)	5:30 PM WOMENS ONLY OPEN MAT		
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)		
7:30 PM Jiu-Jitsu Street Combatives (All Levels)		7:30 PM JUDO (All Levels)	OPEN MAT 7:30 pm - 8:15 pm (Adults)			

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