

# CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Jiu-Jitsu 9:00 am – 9:45		Adult Jiu-Jitsu 9:00 am – 9:45 (No Gi)		Adult Jiu-Jitsu 9:00 am – 9:45		Open Mat 9:00 am – 11:00 am (Members Only)
					Adult Jiu-Jitsu 10:00 am – 10:45 am	
Jiu-Jitsu 101 5:30 pm – 6:15pm		Advanced Jiu-Jitsu 5:30 pm – 6:15pm		Advanced Jiu-Jitsu 5:30 pm – 6:15pm		
Muay Thai 5:30 pm – 6:15pm	Adult and Kids Jiu-Jitsu 5:30 pm – 6:15pm	Muay Thai 5:30 pm – 6:15pm	Adult and Kids Jiu-Jitsu 5:30 pm – 6:15pm	Muay Thai 5:30 pm – 6:15pm (Sparring)		
Adult and Kids Jiu-Jitsu 6:30 pm – 7:15pm	Muay Thai 6:30 pm – 7:15pm	Adult and Kids Jiu-Jitsu 6:30 pm – 7:15pm	Muay Thai 6:30 pm – 7:15pm	Adult and Kids Jiu-Jitsu 6:30 pm – 7:15pm		
			Adult Jiu-Jitsu 6:30 pm – 7:15pm (No Gi)			
Open Mat 7:15pm – 7:45pm	Open Mat 7:15pm – 7:45pm	Open Mat 7:15pm – 7:45pm	Open Mat 7:15pm – 7:45pm	Open Mat 7:15pm – 7:45pm	Open Mat 10:45am – 11:15am	