

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brazilian Jiu Jitsu Gi 11:00 am - 12:30 pm	Jiu Jitsu Gi * 6:00 am- 7:15 am	Brazilian Jiu Jitsu Gi 11:00 am - 12:30 pm	Jiu Jitsu Gi * 6:00 am- 7:15 am	NoGi Jiu Jitsu 10:00 am - 11:00 am	Circuit Training 8:30 am - 9:30 am	Closed Sunday
Teen Only Jiu Jitsu 13+ 4:30 pm- 5:30 pm	Krav Maga All Levels 10:00 am - 11:00 am	Teen Only Jiu Jitsu 13+ 4:30 pm- 5:30 pm	Krav Maga All Levels 10:00 am - 11:00 am	Stretching/Mobility 11:15 am - 12:00 pm	Krav Maga Fundamentals 9:30 am - 10:30 am	
Youth Martial Arts NoGi 5:00 pm- 5:50 pm	Fitness Kickboxing 11:00 am - 12:00 pm	Fitness Kickboxing 5:30 pm - 6:30 pm	Fitness Kickboxing 11:00 am - 12:00 pm	Youth Grey Belt + 5:00 pm - 5:30 pm	Stand Up Sparring 9:30 am - 10:30 am	
Krav Maga All Levels 5:30 pm - 6:30 pm	Youth Martial Arts Gi 4:30 pm - 5:20 pm	Krav Maga Advanced (Green to Black Belt) 5:30 pm -6:30 pm	Youth Martial Arts NoGi 4:30 pm - 5:20 pm	Youth Martial Arts Gi 5:30 pm - 6:20 pm	Krav Maga Advanced 10:30 am - 11:00 am	
Jiu Jitsu Gi 6:00 pm - 7:30 pm	Krav Maga Fundamentals 5:30 pm - 6:30 pm	Krav Maga Levels 1 and 2 6:30 pm - 7:30 pm	Krav Maga Fundamentals 5:30 pm - 6:30 pm	Brazilian Jiu Jitsu Gi 6:00 pm - 7:30 pm	Youth Jiu Jitsu Advanced 10:30 am - 11:00 am	
	Jiu Jitsu NoGi 5:30 pm - 7:00 pm	Jiu Jitsu Gi 6:30 pm - 8:00 pm	Jiu Jitsu NoGi 5:30 pm - 7:00 pm		Open Mat 11:30 am - 1:00 pm	
	Fitness Kickboxing 6:30 pm - 7:30 pm		Fitness Kickboxing 6:30 pm - 7:30 pm			