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