

| MONDAY                                      | TUESDAY                              | WEDNESDAY  | THURSDAY                                | FRIDAY | SATURDAY                               | SUNDAY                                   |
|---|--------------------------------------|--|---|--------|--|--|
|   |                                      |  |   |        | 8:30AM-10:30AM<br>OPEN MAT             | 8:30AM-10:30AM<br>ADULT BEGINNERS<br>BJJ |
| 6:00PM-7:00PM<br>ADULT BEGINNERS<br>BJJ     | 5:45PM-7:00PM<br>JUDO                | 5:40PM-6:20PM<br>KIDS BJJ                          | 5:45PM-7:00PM<br>JUDO                   |        | 10:30AM-11:30PM<br>PRACTICAL<br>COMBAT |  |
| 7:00PM-8:30PM<br>ADULT ADVANCED<br>BJJ (GI) | 7:00PM 8:00PM<br>PRACTICAL<br>COMBAT | 6:20PM-7:00PM<br>JUNIORS BJJ                       | 7:00PM-8:15PM<br>ADULT BEGINNERS<br>BJJ |        |  |  |
|   |                                      | 7:00PM-8:30PM<br>ADULT BJJ - ALL<br>LEVELS (NO GI) | 8:15PM-9:15PM<br>PRACTICAL<br>COMBAT    |        |  |  |



To sign up for a class, please contact us:

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