

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BJJ Gi Adults (All Levels) 6:00AM - 7:00AM	BJJ Gi Adults (All Levels) 6:00AM - 7:00AM	BJJ NoGi Adults (All Levels) 6:00AM - 7:00AM	BJJ Gi Adults (All Levels) 6:00AM - 7:00AM	Gi Roll Day (All Levels) 6:00AM - 7:00AM	Yoga 9:30AM - 10:30AM	Sunday NoGi (All Levels) 11:00AM - 12:00PM
HomeSchool BJJ & Self Defense 9:30AM - 10:30AM	HomeSchool BJJ & Self Defense 9:30AM - 10:30AM	HomeSchool BJJ & Self Defense 9:30AM - 10:30AM	HomeSchool BJJ & Self Defense 9:30AM - 10:30AM		Kids BJJ (All Levels) 10:00AM - 11:00AM	Sunday Open Mat (Invite Only) 12:00PM - 2:00PM
Yoga & Fitness 9:30AM - 10:30AM	Yoga & Fitness 9:30AM - 10:30AM	Yoga & Fitness 9:30AM - 10:30PM	Yoga & Fitness 9:30AM - 10:30AM		Muay Thai Adults 11:00AM - 11:00AM	
BJJ Gi Adults (Fundamentals) 11:00AM - 12:00PM	BJJ Gi Adults (Fundamentals) 11:00AM - 12:00PM	BJJ NoGi Adults (Fundamentals) 11:00AM - 12:00PM	BJJ Gi Adults (Fundamentals) 11:00AM - 12:00PM	Friday Roll/Drill Day (All Levels) 12:00PM - 2:00PM	BJJ Gi Adults (Fundamentals) 11:00AM - 12:00PM	
BJJ Gi Adults (Intermediate/Advanced) 12:00PM - 1:00PM	BJJ Gi Adults (Intermediate/Advanced) 12:00PM - 1:00PM	BJJ NoGi Adults (Intermediate/Advanced) 12:00PM - 1:00PM	BJJ Gi Adults (Intermediate/Advanced) 12:00PM - 1:00PM	Kids Mobility Games (3-5 Year Olds) 4:00PM - 5:00PM	BJJ Gi Adults (Intermediate/Advanced) 12:00PM - 1:00PM	
Drill/Roll/Refine Gi/NoGi 1:00PM - 2:00PM	Drill/Roll/Refine Gi/NoGi All Levels 1:00PM - 2:00PM	Drill/Roll/Refine Gi/NoGi (All Levels) 1:00PM - 2:00PM	Drill/Roll/Refine Gi/NoGi (All Levels) 1:00PM - 2:00PM	Kids Mobility Games (8-12 Year Olds) 5:00PM - 6:00PM	Drill/Roll/Refine Gi/NoGi 1:00PM - 2:00PM	
Kids Gi BJJ (3-5 Year Olds) 4:00PM - 5:00PM	Kids Gi BJJ (3-5 Year Olds) 4:00PM - 5:00PM	Kids NoGi BJJ (3-5 Year Olds) 4:00PM - 5:00PM	Kids Gi BJJ (3-5 Year Olds) 4:00PM - 5:00PM	Friday Roll / Drill Day 6:00PM - 7:00PM		
Kids Gi BJJ (8-12 Year Olds) 5:00PM - 6:00PM	Yoga 5:00PM - 6:00PM	Kids NoGi BJJ (8-12 Year Olds) 5:00PM - 6:00PM	Yoga 5:00PM - 6:00PM	Muay Thai Adults 6:00PM - 7:00PM		
BJJ Gi (All Levels) 6:00PM - 7:00PM	Kids Gi BJJ (8-12 Year Olds) 5:00PM - 6:00PM	BJJ NoGi (All Levels) 6:00PM - 7:00PM	Kids Gi BJJ (8-12 Year Olds) 5:00PM - 6:00PM			
Muay Thai Adults 6:00PM - 7:00PM	BJJ Gi (All Levels) 6:00PM - 7:00PM	Muay Thai Adults 6:00PM - 7:00PM	BJJ Gi (All Levels) 6:00PM - 7:00PM			
Muay Thai Adults 7:00PM - 8:00PM	Muay Thai Adults 6:00PM - 7:00PM	Muay Thai Adults 7:00PM - 8:00PM	Muay Thai Adults 6:00PM - 7:00PM			
Drill/Roll/Refine Gi/NoGi All Levels 7:00PM - 8:00PM	Muay Thai Adults 7:00PM - 8:00PM	Drill/Roll/Refine Gi/NoGi 7:00PM - 8:00PM	Muay Thai Adults 7:00PM - 8:00PM			
	Drill/Roll/Refine Gi/NoGi All Levels 7:00PM - 8:00PM		Drill/Roll/Refine Gi/NoGi 7:00PM - 8:00PM			