

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