

	MON	TUE	WED	THU	FRI	SAT	SUN	
06:00								06:00
		Earlybird GI BJJ	Earlybird Kickboxing	Earlybird NOGI BJJ				
07:00								07:00
08:00								08:00
09:00						Kid's MMA (3-5)		09:00
10:00						Kid's MMA (6-8)		10:00
11:00						Junior GI BJJ (9-14)		11:00
12:00								12:00
						Beginner BJJ (NOGI)		
13:00							Open Mat	13:00
14:00						Open Mat	Open Mat	14:00
15:00								15:00
16:00	Advanced Junior GI BJJ (9-14)							16:00
		Junior Kickboxing (9-14)	Junior MMA (9-14)	Junior GI BJJ (9-14)				
17:00	Beginner Gi BJJ							17:00
18:00	GI BJJ	NOGI BJJ	MMA	NOGI BJJ	GI BJJ			18:00
19:00								19:00
	Kickboxing	Open Mat	GI BJJ	Kickboxing	Kickboxing			
20:00	Kickboxing/MMA Sparring			Kickboxing/MMA Sparring	Kickboxing/MMA Sparring			20:00
21:00								21:00
	MON	TUE	WED	THU	FRI	SAT	SUN	