

	MON	TUE	WED	THU	FRI	SAT	SUN	
06:00			Earlybird Kickboxing					06:00
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						Beginner BJJ (NOGI)		12:00
13:00							Open Mat	13:00
14:00						Kickboxing		14:00
15:00								15:00
16:00	Advanced Junior GI BJJ (9-14)	Junior Kickboxing (9-14)	Junior MMA (9-14)	Junior GI BJJ (9-14)				16:00
17:00								
18:00	GI BJJ	NOGI BJJ	MMA	NOGI BJJ	GI BJJ			18:00
19:00		Open Mat						19:00
20:00	Kickboxing		GI BJJ	Kickboxing	Kickboxing			20:00
21:00	Kickboxing/MMA Sparring			Kickboxing/MMA Sparring	Kickboxing/MMA Sparring			21:00
	MON	TUE	WED	THU	FRI	SAT	SUN	