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Please arrive ~10 minutes early to your first class!

MON	TUES	WED	THUR	FRI	SAT	SUN
	6:30-7:30am Adult BJJ All levels		6:30-7:30am Adult BJJ All levels		9:00-10am Women's Only BJJ All Levels 10:00-11am Little Champs 1 & 2 & Juniors (8-12) BJJ All Levels	10:00-11am Adult No Gi BJJ All Levels
12:00-1pm Adult BJJ All levels		12:00-1pm Adult BJJ All Levels		12:00-1pm Adult BJJ Open Mat	11:00am-12pm Adult BJJ All Levels 12:00-12:30pm Adult BJJ Open Mat	
	4:00-4:45pm Little Champs 1 & 2 (4-8) BJJ		4:00-4:45pm Little Champs 1 & 2 (4-8) BJJ			
5:00-5:50pm Juniors (8-12) BJJ All Levels	5:00-5:50pm Juniors (8-12) BJJ All Levels	5:00-5:50pm Juniors (8-12) BJJ All Levels	5:00-5:50pm Juniors (8-12) BJJ All Levels	5:00-5:50pm Juniors (8-12) No Gi BJJ All Levels		
6:00-7:30pm Adult BJJ All Levels	6:00-7pm Adult BJJ All Levels <hr/> Teens (13-15) BJJ	6:00-7:30pm Adult BJJ All Levels	6:00-7pm Adult BJJ All Levels <hr/> Teens (13-15) BJJ			
	7:00-8pm Adult No Gi BJJ/MMA All Levels	7:30-8:30pm Kickboxing All Levels	7:00-8pm Adult No Gi BJJ/MMA All Levels			