

MONDAY

7:30 - 8AM

VIRTUAL
YOGA

4:30 - 5:15pm

5 - 7 YEAR OLD
MARTIAL ARTS

VIRTUAL MARTIAL
ARTS 8 AND UP

5:30 - 6:15PM

8 - 10 YEAR OLD
MARTIAL ARTS

VIRTUAL
BOOTCAMP

6:30 - 7:15pm

BLACK/RED SOLID
MARTIAL ARTS

7:30 - 8:30pm

STRIKING
MARTIAL ARTS

BEGINNER
JIU JITSU

HIIT/YOGA
FITNESS (7:30 - 8:15)

TUESDAY

2:00 - 3:00PM

GI JIU JITSU
ALL RANKS

4:30 - 5:15pm

5 - 7 YEAR OLD
MARTIAL ARTS

5:30 - 6:15PM

8 - 10 YEAR OLD
MARTIAL ARTS

6:30 - 7:15pm

TEEN 11 AND UP
MARTIAL ARTS

STRIKING
MARTIAL ARTS

ADVANCED
JIU JITSU

WEDNESDAY

7:30 - 8AM

VIRTUAL
YOGA

4:30 - 5:15pm

5 - 7 YEAR OLD
MARTIAL ARTS

VIRTUAL MARTIAL
ARTS 8 AND UP

5:30 - 6:15PM

8 - 10 YEAR OLD
MARTIAL ARTS

VIRTUAL
HIIT (5:30 -6PM)

6:30 - 7:15pm

BLACK/RED SOLID
MARTIAL ARTS

STRIKING
MARTIAL ARTS

BEGINNER
JIU JITSU

THURSDAY

2:00 - 3:00PM

GI JIU JITSU
ALL RANKS

4:30 - 5:15pm

5 - 7 YEAR OLD
MARTIAL ARTS

5:30 - 6:15PM

8 - 10 YEAR OLD
MARTIAL ARTS

BOOTCAMP
FITNESS

6:30 - 7:15pm

TEEN 11 AND UP
MARTIAL ARTS

STRIKING
MARTIAL ARTS

ADVANCED
JIU JITSU

FRIDAY

7 - 7:30AM

VIRTUAL
HIIT

10 - 10:45AM

VIRTUAL
YOGA

1 - 1:45PM

MOBILITY
FITNESS

2:00 - 3:00PM

NO GI JIU JITSU
ALL RANKS

SPARRING
12 AND UP

CREATIVE FORMS
CREW

SATURDAY

8:30 - 9AM

VIRTUAL
BOOTCAMP

10:00 - 10:45AM

5 - 7 YEAR OLD
MARTIAL ARTS

WOMEN ONLY
JIU JITSU

STRIKING
MARTIAL ARTS

11:00 - 11:45AM

8 - 10 YEAR OLD
MARTIAL ARTS

12:00 - 12:45PM

TEEN ALL RANKS

PROGRAM KEY

YOUTH MARTIAL ARTS

VIRTUAL YMA

JIU JITSU

STRIKING

FITNESS

VIRTUAL FITNESS