

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Adult Judo Program 9:00AM - 10:30AM	
					10:30AM - 11:30AM Adult BJJ Fundamentals	10:00AM - 11:30AM Adult Advanced
11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals	11:30AM - 12:45PM Adult Sport A	
4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1			
5:00PM - 5:45PM Kids 4	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Kids 4	5:00PM - 5:45PM Kids 3			
6:00PM - 6:45PM Street Jiu Jitsu	6:00PM - 7:00PM Adult BJJ Fundamentals	6:00PM - 7:15PM Adult Sport	6:00PM - 6:45PM Street Jiu Jitsu			
7:00PM - 8:30PM Adult Advanced				7:00PM - 8:30PM Adult Advanced		
	8:00PM - 9:15PM Adult Sport	8:00PM - 9:00PM Adult BJJ Fundamentals	8:00PM - 9:15PM Adult Sport			

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Adult Judo Program 9:00AM - 10:30AM	
					10:30AM - 11:30AM Adult BJJ Fundamentals	10:00AM - 12:00PM Adult Advanced Training
11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals	11:30AM - 1:00PM Adult BJJ Sport	
4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Little Champs		
5:00PM - 5:45PM Teens	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Teens	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Teens		
6:00PM - 6:45PM Street Jiu Jitsu	6:00PM - 7:00PM Adult BJJ Fundamentals	6:00PM - 7:15PM Adult BJJ Sport	6:00PM - 6:45PM Street Jiu Jitsu			
7:00PM - 8:30PM Adult Advanced Technique	7:00PM - 8:00PM Striking Program	7:15PM - 8:00PM Women ONLY		7:00PM - 8:30PM Adult Advanced Drilling		
	8:00PM - 9:30PM Adult BJJ Sport	8:00PM - 9:00PM Adult BJJ Fundamentals	8:00PM - 9:30PM Adult BJJ Sport			

Current Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals	10:30AM - 11:30AM Adult BJJ Fundamentals	10:00AM - 11:30PM Open Training
					11:30AM - 1:00PM Adult BJJ Sport	
4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Little Champs		
5:00PM - 5:45PM Teens	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Teens	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Teens		
6:00PM - 6:45PM Adult Street Jiu Jitsu	6:00PM - 7:00PM Adult BJJ Fundamentals	6:00PM - 7:15PM Adult BJJ Sport	6:00PM - 6:45PM Adult Street Jiu Jitsu			
7:00PM - 8:30PM Adult Advanced Technique	7:00PM - 8:00PM Striking Program	7:15PM - 8:00PM Women ONLY	7:00PM - 8:00PM Judo Program	7:00PM - 8:30PM Adult Advanced Drilling		
	8:00PM - 9:30PM Adult BJJ Sport	8:00PM - 9:00PM Adult BJJ Fundamentals	8:00PM - 9:30PM Adult BJJ Sport			

Little Champs	3 - 4 years old
Kids 1	5 - 6 years old
Kids 2	7 - 8 year old
Kids 3	9 - 10 years old
Teens	11 + year old

Street Jiu Jitsu	No experience
BJJ Fundamentals	No experience
BJJ Sport	Blue Belt
Advanced	Blue Belt 2 stripes
Add-ons	No experience

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals	10:30AM - 11:30AM Adult BJJ Fundamentals	10:00AM - 11:30PM Open Training
					11:30AM - 1:00PM Adult BJJ Sport	
4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Little Champs		
5:00PM - 5:45PM Teens	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Teens	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Teens		
6:00PM - 6:45PM Adult Street Jiu Jitsu	6:00PM - 7:00PM Adult BJJ Fundamentals	6:00PM - 7:15PM Adult BJJ Sport	6:00PM - 6:45PM Adult Street Jiu Jitsu			
7:00PM - 8:30PM Adult Advanced Technique	7:00PM - 8:00PM Striking Program	7:15PM - 8:00PM Women ONLY	7:00PM - 8:00PM Judo Program	7:00PM - 8:30PM Adult Advanced Drilling		
	8:00PM - 9:30PM Adult BJJ Sport	8:00PM - 9:00PM Adult BJJ Fundamentals	8:00PM - 9:30PM Adult BJJ Sport			

Little Champs	3 - 4 years old
Kids 1	5 - 6 years old
Kids 2	7 - 8 year old
Kids 3	9 - 10 years old
Teens	11 + year old

Street Jiu Jitsu	No experience
BJJ Fundamentals	No experience
BJJ Sport	White Belt 4 stripes
Advanced	Blue Belt 2 stripes
Add-ons	No experience