

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
II:00AM - 12:00PM		II:00AM - I2:00PM		II:00AM - I2:00PM	Adult Judo Program 19:00AM - 10:30AM 10:30AM - 11:30AM Adult BJJ Fundamentals	10:00AM - 11:30AM Adult Advanced
Adult BJJ Fundamentals		Adult BJJ Fundamentals		Adult BJJ Fundamentals	II:30AM - I2:45PM Adult Sport A	
4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids I	4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids I			
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	8:00PM - 9:15PM Adult Sport	8:00PM - 9:00PM Adult BJJ Fundamentals	8:00PM - 9:15PM Adult Sport	7:00PM - 8:30PM Adult Advanced		



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
II:00AM - I2:00PM Adult BJJ Fundamentals		II:00AM - I2:00PM Adult BJJ Fundamentals		II:00AM - I2:00PM Adult BJJ Fundamentals	Adult Judo Program 9:00AM - 10:30AM  10:30AM - 11:30AM Adult BJJ Fundamentals  11:30AM - 1:00PM Adult BJJ Sport	10:00AM - 12:00PM Adult Advanced Training
4:00PM - 4:45PM Kids 2 5:00PM - 5::45PM	4:00PM - 4:45PM Kids I 5:00PM - 5:45PM	4:00PM - 4:45PM Kids 2 5:00PM - 5::45PM	4:00PM - 4:45PM Kids I 5:00PM - 5:45PM	4:00PM - 4:45PM Little Champs 5:00PM - 5::45PM		
Teens 6:00PM - 6:45PM Street Jiu Jitsu	Kids 3 6:00PM - 7:00PM Adult BJJ Fundamentals	Teens 6:00PM - 7:15PM Adult BJJ Sport	Kids 3 6:00PM - 6:45PM Street Jiu Jitsu	Teens		
7:00PM - 8:30PM Adult Advanced Technique	7:00PM - 8:00PM Striking Program 8:00PM - 9:30PM Adult BJJ Sport	7:I5PM - 8:00PM Women ONLY 8:00PM - 9:00PM Adult BJJ Fundamentals	8:00PM - 9:30PM Adult BJJ Sport	7:00PM - 8:30PM - Adult Advanced Drilling		



## Current Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10:30AM - II:30AM	10:00AM - 11:30PM Open Training
II:00AM - 12:00PM Adult BJJ Fundamentals		II:00AM - I2:00PM Adult BJJ Fundamentals		II:00AM - I2:00PM Adult BJJ Fundamentals	Adult BJJ Fundamentals	open naming
Addit Light Lindamentals		Addit 611 Fulldamentats		Addit Lea Fulladillelitats	II:30AM - I:00PM Adult BJJ Sport	
4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids I	4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids I	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:I5PM 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:I5PM - 8:00PM Women ONLY	7:00PM - 8:00PM Judo Program	7:00PM - 8:30PM Adult Advanced Drilling		
Addit Advanced Technique	8:00PM - 9:30PM Adult BJJ Sport	8:00PM - 9:00PM Adult BJJ Fundamentals	8:00PM - 9:30PM Adult BJJ Sport	- Addit Advanced Dritting		

Little Champs	3 - 4 years old
Kids I	5 - 6 years old
Kids 2	7 - 8 year old
Kids 3	9 - 10 years old
Teens	II + 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
II:00AM - I2:00PM		II:00AM - I2:00PM		II:00AM - I2:00PM	10:30AM - 11:30AM Adult BJJ Fundamentals	10:00AM - 11:30PM Open Training
Adult BJJ Fundamentals		Adult BJJ Fundamentals		Adult BJJ Fundamentals	II:30AM - I:00PM Adult BJJ Sport	
4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids I	4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids I	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:I5PM - 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 I	5 - 6 years old
Kids 2	7 - 8 year old
Kids 3	9 - 10 years old
Teens	II + 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