

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|-------------------------------------|---|---|-------------------------------------|
| | | | | | Adult Judo Program 9:00AM - 10:30AM | |
| 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 - 11:30AM Adult Advanced |
| | | | | | 11:30AM - 12:45PM Adult Sport A | |
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| 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 | | | |
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