

SCHEDULES

BRAZILIAN JIU-JITSU

MON & WED	TUES & THUR	FRIDAY	SATURDAY
Begins: 10:30 AM Ends: 12:00 PM	FUNDAMENTALS Begins: 6:15 PM Ends: 7:45 PM ADVANCED Begins: 7:15 PM Ends: 8:45 PM	OPEN MAT Begins: 10:30 AM Ends: 12:00 PM OPEN MAT Begins: 7:15 PM Ends: 8:45 PM	OPEN MAT Begins: 12:00 PM Ends: 2:00 PM

MIXED MARTIAL ARTS (MMA)

MON & WED	TUES & THUR	FRIDAY	SATURDAY
Begins: 7:15 PM Ends: 8:15 PM	Begins: 10:30 AM Ends: 11:30 AM	OPEN MAT Begins: 10:30 AM Ends: 12:00 PM OPEN MAT Begins: 7:15 PM Ends: 8:45 PM	OPEN MAT Begins: 12:00 PM Ends: 2:00 PM

KARDIO KICKBOXING

MON & WED	TUES & THUR	FRIDAY	SATURDAY
Begins: 9:30 AM Ends: 10:30 AM Begins: 6:15 PM Ends: 7:15 PM		PADS CLASS Begins: 9:30 AM Ends: 10:30 AM PADS CLASS Begins: 6:15 PM Ends: 7:15 PM	CIRCUIT/ MEMBERS ONLY Begins: 11:00 AM Ends: 12:00 PM

TINY TOTS JIU-JITSU

MON & WED	TUES & THUR	FRIDAY	SATURDAY
Begins: 4:30 PM Ends: 5:15 PM	Begins: 4:30 PM Ends: 5:15 PM		

KIDS JIU-JITSU

MON & WED	TUES & THUR	FRIDAY	SATURDAY
Begins: 5:15 PM Ends: 6:15 PM	Begins: 5:15 PM Ends: 6:15 PM Begins: 6:15 PM Ends: 7:15 PM		