



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00am Adult GI	5:00am Adult GI	5:00am Adult NOGI	5:00am Open Mat		
11:30am Adult GI	11:30am Adult GI	11:30am Adult NOGI	11:30am Adult NOGI	11:30am Open Mat	10:00am GI Jiu Jitsu	
5:00pm Adv Kids Gi	5:00pm Adv Kids Gi	5:00pm Adv Kids NO GI	5:00pm Adv Kids NO GI		11:00am Adult Comp Class	
5:30pm Kids GI	5:30pm Kids GI	5:30pm Kids NOGI	5:30pm Kids NOGI		12:00pm Open Mat	12:00pm Open Mat
5:30pm GI Fundamental	5:30pm Drill Lab	5:30pm GI Fundamental	5:30pm Leg Locks No GI			1:00pm Sparring
6:30pm Adult GI	6:30pm Adult GI	6:30pm Adult NOGI	6:30pm Adult NOGI	5:00pm Open Mat		
6:30pm Kids Striking	6:30pm Teens Comp	6:30pm Kids Striking	6:30pm Teens Comp	5:00pm Adult MMA Drilling		
	6:30pm Beg. Adult Striking		6:30pm Beg. Adult Striking	5:30pm Kids Comp Class		
7:30pm Adult Striking	7:30pm Thunder Dome	7:30pm Adult Striking	7:30pm Adult MMA			*Beg = Beginner
		7:30pm Teen Comp				*Comp = Competition Prep
						*Adv = Advance