

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 - 2:00 Adults Muay Thai	1:00 - 2:00 Adults BJJ	1:00 - 2:00 Adults Muay Thai	1:00 - 2:00 Adults BJJ	1:00 - 2:00 Adults Muay Thai	8:45 - 9:15 Little Samurais	9:30 - 11:00 Zazen & Iaido
4:00 - 5:00 Kids Muay Thai	4:00 - 4:30 Little Samurais	4:00 - 5:00 Kids Judo	4:00 - 4:30 Little Samurais	4:00 - 5:00 Kids Muay Thai	9:30 - 10:30 Judo (All Levels)	12:00 - 1:00 UDS
5:15 - 6:15 Wrestling	4:45 - 6:00 Kids BJJ	5:15 - 6:15 Kids Muay Thai	4:45 - 6:00 Kids BJJ	5:15 - 6:15 Wrestling	10:30 - 11:15 BJJ Basics (All levels)	1:00 - 2:00 Open Mat
6:30 - 7:15 Beginner BJJ	6:00 - 6:45 Teens BJJ	6:15 - 7:00 Teens Muay Thai	6:00 - 6:45 Teens MMA	6:30 - 7:30 Adults No Gi	11:30 - 12:30 Wrestling	
7:30 - 8:15 BJJ Skills & Drills	7:00 - 8:00 Adults BJJ	7:15 - 8:15 Adults BJJ	7:00 - 8:00 Adults No Gi		12:45 - 1:45 Striking (All levels)	
	8:30 - 9:30 MMA Striking		8:30 - 9:30 MMA Striking			