



## Brazilian Jiu-Jitsu

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Adult All Levels Brazilian Jiu Jitsu (6:00AM - 7:00AM)		Adult All Levels Brazilian Jiu Jitsu (6:00AM - 7:00AM)			
					Kids (3-7) Brazilian Jiu Jitsu (10:00AM - 10:45AM)	
					PeeWee & Youth NoGi BJJ (11:00AM - 12:00PM)	
Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)				Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)	Adult Brazilian Jiu Jitsu Fundamental Class (12:00PM - 1:00PM)	Adult All Levels Brazilian Jiu Jitsu (12:00PM - 1:00PM)
					Adult BJJ Specific Sparring Training (1:00PM - 2:00PM)	
Kids (3-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)		Kids (3-7) Brazilian Jiu Jitsu (4:45PM - 5:25PM)				
Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:30PM)	PeeWee & Youth Brazilian Jiu Jitsu (5:30PM - 6:30PM)	Youth (7-13) Brazilian Jiu Jitsu (5:30PM - 6:30PM)	PeeWee & Youth Brazilian Jiu Jitsu (5:30PM - 6:30PM)	Youth (7-13) BJJ Competition Class (5:00PM - 6:00PM)		
Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:30PM)	Adult Brazilian Jiu Jitsu Fundamental Class (6:30PM - 7:30PM)	Adult All Levels Brazilian Jiu Jitsu (6:30PM - 7:30PM)	Adult Brazilian Jiu Jitsu Fundamental Class (6:30PM - 7:30PM)	Adult All Levels No-Gi BJJ (6:30PM - 8:00PM)		
	Adult BJJ Specific Sparring Training (7:30PM - 8:30PM)		Adult BJJ Specific Sparring Training (7:30PM - 8:30PM)			

## Muay Thai

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Adult All Levels Muay Thai (7:00AM - 8:00AM)		Adult All Levels Muay Thai (7:00AM - 8:00AM)			Adult All Levels Muay Thai (8:00AM - 09:00AM)	
					Youth (10-14) Muay Thai (9:00AM - 10:00AM)	
	PeeWee (5-9) Muay Thai (4:00PM - 4:45PM)		PeeWee (5-9) Muay Thai (4:00PM - 4:45PM)			
	Youth (10-14) Muay Thai (4:45PM - 5:30PM)		Youth (10-14) Muay Thai (4:45PM - 5:30PM)			
Adult All Levels Muay Thai (7:30PM - 8:30PM)		Adult All Levels Muay Thai (7:30PM - 8:30PM)		Adult All Levels Muay Thai (8:15PM - 9:15PM)		
Adult Muay Thai Advanced Training (8:30PM - 9:00PM)		Adult Muay Thai Advanced Training (8:30PM - 9:00PM)				

## Strength and Conditioning

Strength and Conditioning Gym is open during all class times (limited availability)