

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
No-Gi 6:00 a.m.	Gi Fundamentals 6:00 a.m.	No-Gi 6:00 a.m.	Gi Fundamentals 6:00 a.m.	No-Gi Competition Class 6:00 a.m.	Kids Gi 9:00 a.m.	No-Gi 9:00 a.m.
No-Gi 11:00 a.m.	Wrestling 10:00 a.m.	No-Gi 11:00 am	Wrestling 10:00 a.m.	Gi 6:00 a.m.	Wrestling 9:00 a.m.	Open Mat 5:00 p.m.
Kids No-Gi 5:00 p.m.	Gi 11:00 a.m.	Kids Gi 5:00 p.m.	Gi 11:00 am	No-Gi 11:00 a.m.	Gi Fundamentals 10:00 a.m.	
Gi Fundamentals 5:00 p.m.	Kids Gi 5:00 p.m.	Gi Fundamentals 5:00 p.m.	Kids Gi 5:00 p.m.	Gi Competition Class 5:30 p.m.	MMA Sparring 10:30 a.m.	
Beginner Striking 5:00 p.m.	Gi Fundamentals 5:00 p.m.	Striking 6:00 p.m.	Gi Fundamentals 5:00 p.m.	No-Gi 6:00 p.m.	Gi 11:00 a.m.	
Gi & No-Gi 6:15 p.m.	Striking 5:00 p.m.	Gi 6:15 p.m.	Striking 5:00 p.m.			
Gi 8:00 p.m.	Gi Sparring 6:00 p.m.	MMA 7:15 p.m.	Gi Sparring 6:00 p.m.			
MMA Sparring (open to public) 8:15 p.m.	No-Gi 6:00 p.m.	No-Gi 8:00 p.m.	No-Gi 6:00 p.m.			
	Gi 7:00pm		Gi 7:00 p.m.			