

Adult



SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am			JiuJitsu		JiuJitsu		
7am							
8am							
9am							Cardio Kickboxing
10am	Open Mat	JiuJitsu		JiuJitsu		Women's JiuJitsu	10:30 JiuJitsu
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm		Cardio Kickboxing		Cardio Kickboxing			
6pm		MMA <u>or</u> JiuJitsu	Kickboxing <u>or</u> NoGi	MMA <u>or</u> JiuJitsu	Kickboxing <u>or</u> NoGi	Open Mat	
7pm		NoGi	JiuJitsu	NoGi	JiuJitsu		

Ages 14 and up

Kids



SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am							
7am							
8am							
9am							Kickboxing (5+)
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm		JiuJitsu (5+)	JiuJitsu (5+) or MMA(8-13)	JiuJitsu (5+)	JiuJitsu (5+) or MMA(8-13)	NoGi (8-13) Competition	
6pm							
7pm							

Ages 5 to 13