ADULT SCHEDULE

MONDAY

Program	Level	Mat	Time	Length
BJJ	ALL	Mat 1	5:00 AM	55 Min
BJJ	ALL	Mat 1	12:00 PM	55 Min
NoGi	Level 2	Mat 1	6:30 PM	55 Min
BJJ	Level 1	Mat 2	7:30 PM	40 Min
Kickboxing	ALL	Mat 3	7:30 PM	40 Min

TUESDAY

Program	Level	Mat	Time	Length
NoGi	ALL	Mat 1	12:00 PM	55 Min
BJJ	Level 1	Mat 2	6:30 PM	40 Min
BJJ	Level 2	Mat 1	6:30 PM	85 Min
Wrestling	Level 2	Mat 3	7:30 PM	60 Min

WEDNESDAY

Program	Level	Mat	Time	Length
NoGi	ALL	Mat 1	5:00 AM	55 Min
NoGi	Level 2	Mat 1	6:30 PM	55 Min
BJJ	Level 1	Mat 2	7:30 PM	40 Min
Kickboxing	ALL	Mat 3	7:30 PM	40 Min

THURSDAY

Program	Level	Mat	Time	Length
BJJ	ALL	Mat 1	12:00 PM	55 Min
BJJ	Level 1	Mat 2	6:30 PM	40 Min
BJJ	Level 2	Mat 1	6:30 PM	85 Min
Wrestling	Level 2	Mat 3	7:30 PM	60 Min

FRIDAY

Program	Level	Mat	Time	Length
BJJ	ALL	Mat 1	5:00 AM	55 Min
NoGi	ALL	Mat 1	12:00 PM	55 Min
Wrestling	Level 2	Mat 3	5:30 PM	60 Min

SATURDAY

Program	Level	Mat	Time	Length
BJJ	Level 1	Mat 2	9:00 AM	40 Min
Kickboxing	ALL	Mat 3	9:00 AM	40 Min
BJJ	Level 2	Mat 1	10:30 AM	85 Min