

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am - 10:30am	NoGi BJJ	NoGi BJJ	NoGi BJJ	NoGi BJJ	NoGi BJJ	
10:30am - 12:00pm	BJJ Gi	BJJ Gi	BJJ Gi	BJJ Gi	BJJ Gi	
10:45am-11:45am						Womens Only BJJ
12:00-2:00pm						OPEN MAT
1:00pm-3:00pm	Private Session	Private Session	Private Session	Private Session	Private Session	
4:30pm - 5:30pm	Youth Training	Youth Training	Youth Training	Youth Training	Youth Training	
6:00 pm - 7:00 pm	BJJ Gi	NoGi BJJ	BJJ Gi	NoGi BJJ/ Wrestling	BJJ Gi	
7:00pm-8:00pm	Competition Class	Competition Class	Competition Class	Competition Class	Competition Class	
8:00pm - 9:00pm	MMA/ Sparring	MMA/ Sparring	MMA/ Sparring	MMA/ Sparring	MMA/ Sparring	