

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday &amp; Sunday</b>
<p>6-7 PM Jiu Jitsu Kids</p> <p>7-8 pm Jiu Jitsu Adults</p> <p>8-9 PM MMA Class Adults</p>	<p>6-7 PM Jiu Jitsu Kids</p> <p>7-8 PM Jiu Jitsu Adults</p>	<p>6-7 PM Judo All Ages</p> <p>7-8 PM Wrestling Adults Or No Gi Jus Jitsu</p> <p>8-9 PM MMA Class Adults</p>	<p>6-7 PM Jiu Jitsu Basics All Ages</p> <p>6-7 PM Kids Kickboxing</p> <p>7-8 PM No Gi All Ages</p> <p>7-8 PM Womens Only Jujitsu / Self Defense (All Ages)</p>	<p>6-7 PM Muai Thai Adults</p>	<p>We're Closed Most Saturdays And Sundays</p> <p>Some Weekends We Do Private Lessons And Open Mats On Some Weekends</p>