



	MONDAY
4:00 - 6:00	Boxing
6:00 - 7:00	Fundamental Jiu Jitsu (No GI)
7:00 - 7:30	Live
7:30 - 8:30	Advanced Jiu Jitsu (GI)
8:30 - 9:00	Live
	TUESDAY
6:00 - 7:45	Youth Wrestling
8:00 - 9:00	Advanced Jiu Jitsu (No GI)
9:00 - 9:30	Live
	WEDNESDAY
4:00 - 6:00	Boxing
6:00 - 7:00	Fundamental Jiu Jitsu (No GI)
7:00 - 7:30	Live
7:30 - 8:30	Advanced Jiu Jitsu (No GI)
8:30 - 9:00	Live
	THURSDAY
6:00 - 7:45	Youth Wrestling
8:00 - 9:00	Advanced Jiu Jitsu (GI)
9:00 - 9:30	Live
	FRIDAY
6:00 - 8:00	Friday Night Live
	SATURDAY
6:00 - 8:00	Competition Training