

Table 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	ADULT BJJ	ADULT BJJ	ADULT BJJ	ADULT BJJ			
10:00 AM							
11:00 AM							
						ADULT BJJ	
12:00 AM							
						OPEN MAT	
1:00 AM							
2:00 AM							
3:00 PM							
4:30 PM	KIDS BJJ	KIDS BJJ	KIDS BJJ	KIDS BJJ			
5:00 PM					ADULT BJJ NOGI		
5:30 PM		CARDIO KICKBOX		CARDIO KICKBOX			
6:00 PM	OPEN MAT DRILLING				KICKBOXING/ SPARING		
6:30 PM	ADULT BJJ	ADULT BJJ	ADULT BJJ NOGI	ADULT BJJ			
7:30 PM	ADV. BJJ/ROLLING	ADV. BJJ/ROLLING	BEGINNER KICKBOXING	ADV. BJJ/ROLLING			
8:30 PM							