Normal Schedule – September 1st to June 30th	
Monday 06:00 PM – 07:15 PM	Adult and Teen Brazilian Jiu-Jitsu (Gi)
07:15 PM – 08:30 PM	Adult and Teen Muay Thai
08:30 PM – 09:15 PM	Sparring
Tuesday 06:00 PM – 07:00 PM	Kids (4 – 7 years) Brazilian Jiu-Jitsu (Gi)
07:00 PM – 08:15 PM	Adult and Teen Muay Thai
08:15 PM – 09:30 PM	Adult and Teen No Gi/MMA
Wednesday 06:00 PM – 07:15 PM	Adult and Teen Brazilian Jiu-Jitsu (Gi)
07:15 PM – 08:30 PM	Adult and Teen Muay Thai
08:30 PM – 09:15 PM	Sparring
Thursday 06:00 PM – 07:00 PM	Kids (8 – 13 years) Brazilian Jiu-Jitsu (Gi)
07:00 PM – 08:15 PM	Adult and Teen Muay Thai
07:00 PM – 08:15 PM	Takedowns in the Cage
08:15 PM – 09:30 PM	Adult and Teen No Gi/MMA
Friday 10:00 AM – 11:00 AM	Combat Conditioning
11:00 AM – Noon	Adult and Teen Brazilian Jiu-Jitsu (No-Gi)
05:15 PM – 06:15 PM	Kids (all Ages) Muay Thay
06:15 PM – 07:15 PM	BJJ Adult and Teen
Saturday 11:00 AM – Noon	Adult and Teen Brazilian Jiu-Jitsu Open Mat
Noon – 01:00 PM	Youth (All ages) Brazilian Jiu-jitsu Adult Sparring
01:00 PM – 02:00 PM	Youth (All ages) Muay Thai
Sunday 10:00 AM – 11:00 AM	Open Mat