

## Normal Schedule – September 1<sup>st</sup> to June 30<sup>th</sup>

<b>Monday</b> 06:00 PM – 07:15 PM  07:15 PM – 08:30 PM  08:30 PM – 09:15 PM	Adult and Teen Brazilian Jiu-Jitsu (Gi)  Adult and Teen Muay Thai  Sparring
<b>Tuesday</b> 06:00 PM – 07:00 PM  07:00 PM – 08:15 PM  08:15 PM – 09:30 PM	Kids (4 – 7 years) Brazilian Jiu-Jitsu (Gi)  Adult and Teen Muay Thai  Adult and Teen No Gi/MMA
<b>Wednesday</b> 06:00 PM – 07:15 PM  07:15 PM – 08:30 PM  08:30 PM – 09:15 PM	Adult and Teen Brazilian Jiu-Jitsu (Gi)  Adult and Teen Muay Thai  Sparring
<b>Thursday</b> 06:00 PM – 07:00 PM  07:00 PM – 08:15 PM  08:15 PM – 09:30 PM	Kids (8 – 13 years) Brazilian Jiu-Jitsu (Gi)  Adult and Teen Muay Thai  Adult and Teen No Gi/MMA
<b>Friday</b> 11:00 AM – Noon  05:15 PM – 06:15 PM  06:15 PM – 07:15 PM	Adult and Teen Brazilian Jiu-Jitsu (No-Gi)  Kids (all Ages) Muay Thai  Combat Conditioning
<b>Saturday</b> 11:00 AM – Noon  Noon – 01:00 PM  01:00 PM – 02:00 PM	Adult and Teen Brazilian Jiu-Jitsu Open Mat  Youth (All ages) Brazilian Jiu-jitsu Adult Sparring  Youth (All ages) Muay Thai
<b>Sunday</b> 06:00 AM – 07:00 AM  10:00 AM – 11:00 AM	Adult Brazilian Jiu-Jitsu No-Gi Drills Adult and  Teen Brazilian Jiu-Jitsu Gi Drills