

Full schedule, in effect Sept 1st to June 30th

MONDAY:

6-7:15PM	ADULT AND TEEN BRAZILIAN JIU JITSU GI
7:15-8:30PM	ADULT AND TEEN MUAY THAI
8:30-9:15PM	SPARRING CLASS

TUESDAY:

6-7PM	YOUTH BRAZILIAN JIU JITSU 4-7YEARS OLD
7-8:15PM	ADULT AND TEEN MUAY THAI
8:15-9:30PM	ADULT AND TEEN NO GI/MMA

WEDNESDAY:

6-7:15PM	ADULT AND TEEN BRAZILIAN JIU JITSU GI
7:15-8:30PM	ADULT AND TEEN MUAY THAI
8:30-9:15PM	SPARRING CLASS

THURSDAY:

6-7PM	YOUTH BRAZILIAN JIU JITSU 8-12YEARS OLD
7-8:15PM	ADULT AND TEEN MUAY THAI
8:15-9:30PM	ADULT AND TEEN NO GI/MMA

FRIDAY:

12:45-1:45PM	ADULT AND TEEN NO GI DRILLS CLASS
5:15-6:15PM	YOUTH MUAY THAI ALL AGES
6:15-7:15PM	COMBAT CONDITIONING ALL AGES
7:30-8:30PM	ADULT AND TEEN BRAZILIAN JIU JITSU GI

SATURDAY:

11AM-NOON	ADULT AND TEEN OPEN MATT BJJ
NOON-1PM	YOUTH OVERFLOW BRAZILIAN JIU JITSU
1-2PM	YOUTH OVERFLOW MUAY THAI

SUNDAY:

6-7AM	ADULT AND NO GI DRILLS CLASS
10-11AM	ADULT AND TEEN BRAZILIAN JIU JITSU GI