



- Brazilian Jiu-Jitsu • Muay Thai Kickboxing
- Kids Classes • Strength & Conditioning
- Submission Grappling • Personal Training



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM						
7:00 AM						
8:00 AM						
9:00 AM						
10:00 AM						OPEN MAT JIU-JITSU
11:00 AM						
12:00 PM						
4:15 PM	JIU-JITSU GI KIDS 4-7	JIU-JITSU NO GI KIDS 4-7		JIU-JITSU GI KIDS 4-7		
5:00 PM	JIU-JITSU GI KIDS 8-12	JIU-JITSU NO GI KIDS 8-12		JIU-JITSU GI KIDS 8-12		
6:00 PM	JIU-JITSU GI	JIU-JITSU NO GI	ADULT KICKBOXING	JIU-JITSU GI	ADULT KICKBOXING	
7:00 PM	MMA Competition Team Only		MMA Competition Team Only		MMA Competition Team Only	

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