



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	No-Gi	Gi	Gi	No-Gi	No-Gi	Closed	Gi
10:00 AM							BJJ - Women Only
11:00 AM							BJJ - Basics
12:00 PM		BJJ - All Levels		BJJ - All Levels	BJJ - All Levels		BJJ - Advanced
6:00 PM					BJJ - Women Only		
7:00 PM	BJJ - Basics	BJJ - Basics	BJJ - Basics	BJJ - Basics	BJJ - Basics		
8:00 PM	BJJ - Advanced	BJJ - Advanced	BJJ - Advanced	Wrestling	BJJ - Advanced		

	White = Gi Classes All Day
	Grey = No-Gi Classes All Day