



CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	FITNESS PERFORMANCE JIU JITSU - INTERMEDIATE (GI)	FITNESS PERFORMANCE JIU JITSU - INTERMEDIATE (NO GI)	FITNESS PERFORMANCE JIU JITSU - INTERMEDIATE (GI)	FITNESS PERFORMANCE JIU JITSU - ADVANCED	FITNESS PERFORMANCE JIU JITSU - INTERMEDIATE (NO GI)		
9:00 AM						KIDS JIU JITSU (JR. GORILLAS & CHIMPS) FITNESS KICKBOXING	
9:30 AM	FITNESS PERFORMANCE	FITNESS KICKBOXING	FITNESS PERFORMANCE	FITNESS KICKBOXING	FITNESS PERFORMANCE		
10:15 AM						MUAY THAI - FOUNDATIONS JIU JITSU - INTERMEDIATE (GI) FITNESS PERFORMANCE	
10:30 AM	MMA - INTERMEDIATE	MMA - INTERMEDIATE		MMA - INTERMEDIATE			JIU JITSU - COMP TEAM TRAINING
11:00 AM	MUAY THAI - FOUNDATIONS	JIU JITSU - FOUNDATIONS	MUAY THAI - FOUNDATIONS	JIU JITSU - FOUNDATIONS			MUAY THAI - OPEN MAT
11:30 AM						JIU JITSU - ADVANCED JIU JITSU - FOUNDATIONS MUAY THAI - INTERMEDIATE	
12:00 PM	JIU JITSU - INTERMEDIATE (GI)	OPEN MAT (ALL PROGRAMS) MUAY THAI - INTERMEDIATE	JIU JITSU - INTERMEDIATE (GI)	OPEN MAT (ALL PROGRAMS) MUAY THAI - INTERMEDIATE	JIU JITSU - INTERMEDIATE (NO GI)		
4:15 PM		KIDS JIU JITSU: SPIDER MONKEYS		KIDS JIU JITSU: SPIDER MONKEYS			
5:00 PM	FITNESS PERFORMANCE FITNESS KICKBOXING KIDS JIU JITSU: JR. GORILLAS	MUAY THAI - FOUNDATIONS FITNESS PERFORMANCE KIDS JIU JITSU: CHIMPS	FITNESS PERFORMANCE FITNESS KICKBOXING KIDS JIU JITSU: JR. GORILLAS	MUAY THAI - FOUNDATIONS FITNESS PERFORMANCE KIDS JIU JITSU: CHIMPS	KIDS MMA (SUB SAM ONLY) FITNESS KICKBOXING KIDS JIU JITSU: JR. GORILLAS & CHIMPS		
6:00 PM	KIDS JJ - LEADERSHIP TEAM (JR. GORILLAS)	KIDS JJ - LEADERSHIP TEAM (CHIMPS)	KIDS JJ - LEADERSHIP TEAM (JR. GORILLAS)	KIDS JJ - LEADERSHIP TEAM (CHIMPS)			
6:15 PM	MUAY THAI - INTERMEDIATE FITNESS PERFORMANCE	JIU JITSU - INTERMEDIATE (NO GI)	FITNESS PERFORMANCE MUAY THAI - INTERMEDIATE	JIU JITSU - INTERMEDIATE (GI)	JIU JITSU - INTERMEDIATE (NO GI) MUAY THAI - ADVANCED		
6:30 PM		FITNESS KICKBOXING		FITNESS KICKBOXING			
7:30 PM	JIU JITSU - INTERMEDIATE (GI) MUAY THAI - FOUNDATIONS	JIU JITSU - FOUNDATIONS MUAY THAI - ADVANCED	JIU JITSU - INTERMEDIATE (GI) MUAY THAI - FOUNDATIONS	JIU JITSU - FOUNDATIONS MUAY THAI - INTERMEDIATE			