



CLASS SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	JIU JITSU - INTERMEDIATE (GI) FITNESS KICKBOXING		FITNESS KICKBOXING JIU JITSU - INTERMEDIATE		FITNESS KICKBOXING JIU JITSU - INTERMEDIATE (NO GI)		
8:30 AM						KIDS JIU JITSU (ALL AGES)	
9:00 AM 9:30 AM	OPEN MAT - ALL PROGRAMS	OPEN MAT - ALL PROGRAMS	OPEN MAT - ALL PROGRAMS	OPEN MAT - ALL PROGRAMS	OPEN MAT - ALL PROGRAMS	FITNESS KICKBOXING MUAY THAI - FOUNDATIONS JIU JITSU - FOUNDATIONS	
10:00 AM 10:30 AM	MUAY THAI - FOUNDATIONS		MMA - INTERMEDIATE		MUAY THAI - FOUNDATIONS MMA - INTERMEDIATE	JIU JITSU - INTERMEDIATE (GI) MUAY THAI - INTERMEDIATE	
11:00 AM 11:30 AM	MUAY THAI - INTERMEDIATE	JIU JITSU - FOUNDATIONS	MUAY THAI - INTERMEDIATE	JIU JITSU - FOUNDATIONS	MUAY THAI - INTERMEDIATE	JIU JITSU - COMP TEAM	
12:00 PM	JIU JITSU - INTERMEDIATE (GI)		JIU JITSU - INTERMEDIATE (GI)	JIU JITSU (WRESTLING): INTERMEDIATE (NO GI)	JIU JITSU - INTERMEDIATE (NO GI)		
4:00 PM 4:30 PM	KIDS JIU JITSU: CHIMPS	KIDS JIU JITSU: SPIDER MONKEYS	KIDS JIU JITSU: CHIMPS	KIDS JIU JITSU: SPIDER MONKEYS	OPEN MAT - ALL PROGRAMS		
5:30 PM	JIU JITSU - FOUNDATIONS KIDS JJ: LEADERSHIP TEAM (CHIMPS)	MUAY THAI - FOUNDATIONS KIDS JIU JITSU: JR GORILLAS	JIU JITSU - FOUNDATIONS KIDS JJ: LEADERSHIP TEAM (CHIMPS)	MUAY THAI - FOUNDATIONS KIDS JIU JITSU: JR GORILLAS	KIDS JIU JITSU (ALL AGES)		
6:30 PM	FITNESS KICKBOXING MUAY THAI - INTERMEDIATE	JIU JITSU - INTERMEDIATE (NO GI) FITNESS KICKBOXING KIDS JJ: LEADERSHIP TEAM (JR GORILLAS)	FITNESS KICKBOXING MUAY THAI - INTERMEDIATE	JIU JITSU - INTERMEDIATE (GI) FITNESS KICKBOXING KIDS JJ: LEADERSHIP TEAM (JR GORILLAS)	JIU JITSU - FOUNDATIONS MUAY THAI - FOUNDATIONS		
7:30 PM	JIU JITSU - INTERMEDIATE (GI) FITNESS KICKBOXING	MUAY THAI - INTERMEDIATE	FITNESS KICKBOXING JIU JITSU - INTERMEDIATE (GI)	MUAY THAI - INTERMEDIATE	MUAY THAI - COMP TEAM		