

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>6am – 7am</b>	A.M. Fitness	A.M. Fitness	A.M. Fitness	A.M. Fitness	A.M. Fitness	
<b>7am – 8am</b>		MMA (All Levels)		MMA (All Levels)		Strength & Conditioning (All Levels) 9am – 10am
<b>10am – 11am</b>						JR BJJ (5-7) 9:30am – 10am
						Youth BJJ (8-13) 10am – 11am
<b>11am – 12pm</b>	Women's Fitness		Women's Fitness		Strength & Conditioning (All Levels)	Kid's Muay Thai 10am - 11am
<b>12pm – 1pm</b>	GI BJJ (All Levels)	Women's Fitness	NOGI BJJ (All Levels)	Women's Fitness	BJJ Open Mat	BJJ Open Mat 11am - 1pm
		JR BJJ (5-7) 4:30-5pm	Boxing (Advanced) 4pm – 5pm	JR BJJ (5-7) 4:30-5pm	Boxing (All Levels) 4:00pm – 5:00pm	
<b>5pm – 6pm (Mat 1)</b>	Muay Thai: Pads (All Levels)	Youth BJJ (8-13)	Women's Fitness	Youth BJJ (8-13)	Women's Fitness	
<b>5pm – 6pm (Mat 2)</b>	Strength & Conditioning (All Levels)	Kid's Muay Thai	MMA (All Levels)	Kid's Muay Thai	MMA (All Levels)	
<b>6pm – 7pm (Mat 1)</b>	NOGI BJJ (All Levels)	GI BJJ (Fundamentals)	NOGI BJJ (All Levels)	GI BJJ (Fundamentals)		
<b>6pm – 7pm (Mat 2)</b>	Boxing (All Levels)	Muay Thai (Fundamentals)	Strength & Conditioning (All Levels)	Muay Thai (Fundamentals)		
<b>7pm – 8pm (Mat 1)</b>	BJJ Open Mat	Women's Fitness	BJJ GI (INT/ADV)	Women's Fitness		
<b>7pm – 8pm (Mat 2)</b>		Muay Thai (INT/ADV) 7:00pm – 8:30pm	Muay Thai (All Levels)	Muay Thai (INT/ADV) 7:00pm – 8:30pm		
<b>8pm – 9pm</b>		Muay Thai (Sparring) 8:30 – 9:00pm		Muay Thai (Sparring) 8:30 – 9:00pm		

