

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Saturday	Saturday
	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 1	Mat 2	Mat 2	Mat 1	Mat 2
9:00 AM											Wrestling Club
10:00 AM	Thai Boxing Basics				Thai Boxing Basics					Thai Boxing (ADV)	Kids and Juniors Wrestling Club
11:00 AM		Adults BJJ (No Gi)			Adults BJJ					Fitness Kickboxing	Adult BJJ (no Gi) Adults BJJ Open Mat
3:00 PM											
4:00 PM			Tiny Tots BJJ				Tiny Tots BJJ				
4:15 PM		Kids BJJ				Kids BJJ					
4:30 PM	Teens Kickboxing			Kids and Juniors Wrestling Club	Teens Kickboxing			Juniors and Teens Judo	Teens BJJ		
5:00 PM		Juniors BJJ	Juniors Kickboxing			Juniors BJJ	Juniors Kickboxing				
5:30 PM	Thai Boxing (ADV)			Teens BJJ	Thai Boxing (ADV)			Adults Judo	Teens Open Mat		
6:00 PM		BJJ Leg Locks	Thai Boxing Basics			Wrestling Club	Thai Boxing Basics		Open Mat		
6:30 PM	Fitness Kickboxing	Adults BJJ (No Gi)		Adults BJJ (Gi)	Fitness Kickboxing			Adults BJJ (Gi) Fundamentals			
7:00 PM			Wrestling Club			MMA (Invite Only)					
7:30 PM		Open Mat (No Gi)		Open Mat (Gi)				Open Mat			
	Mat 1 - Front Room		Tiny Tots BJJ	30 min	Tiny Tots:	3-4 years old		Juniors and Kids:	6th grade & down		
	Mat 2 - Back Room		Kids BJJ	40 minutes	Kids:	5-7 years old		Wrestling Club:	7th-12th grade		
			Fitness Kickboxing	45 minutes	Juniors:	8-12 years old					
			Leg Locks	25 minutes	Teens:	13-15 year old		Must train 3 months	before doing Thai Boxing		
			All others	50 minutes				**Not applicable to Basics	**Not applicable to Basics		