

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