

	Monday		Tuesday		Wednesday		Thursday		Friday	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											
9:00 AM										Ladies Self Def/BJJ	Wrestling Club
9:15 AM	FitKick				FitKick				FitKick		
10:00 AM	Thai Boxing Basics				Thai Boxing Basics					Thai Boxing (ADV)	Kids and Juniors Wrestling Club
10:30 AM									Judo		
11:00 AM		Adults BJJ (No Gi)			Adults BJJ (No Gi)				Adults BJJ	FitKick	Adult BJJ (no Gi)
12:00 PM											Adults BJJ Open Mat
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			Kids & Juniors No Gi 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+)			
6:00 PM		BJJ Fundamentals	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			
	Mat 1 - Front Room		Tiny Tots BJJ - 30 min		Tiny Tots: 3-4 years old		Juniors and Kids: 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				
			All others - 50 min				**Not applicable to Basics				