

TIME/DAY	MON	TUE	WED	THUR	FRI	SAT	CLASS
AM 6:30 - 7:15							BRAZILIAN JIU-JITSU
AM 9:00 - 9:45							WOMENS BRAZILIAN JIU-JITSU
AM 10:00 - 10:45						(A)	KIDS BRAZILIAN JIU-JITSU
AM 11:00 - 11:45							WHITE BELT JIU-JITSU
PM 12:00 - 1:00							NO-GI JIU-JITSU
PM 1:00 - 1:45							KIDS NO-GI JIU-JITSU
PM 4:30 - 5:15							MUAY THAI
PM 5:30 - 6:15	(A)		(A)				KIDS MUAY THAI
PM 6:30 - 7:15							MARTIAL ARTS FITNESS
PM 7:30 - 8:15							(A) Advanced class