

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
7AM	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	MAT 1	MAT 2	7AM
8AM					EARLY BIRD										8AM
9AM															9AM
10AM											JUNIOR BJJ 4+		BEGINNER ONLY BJJ	OPEN MAT	10AM
11AM											TEEN BJJ 10+		OPEN MAT	OPEN MAT	11AM
12PM											GI BJJ - SPARRING	OPEN MAT	OPEN MAT	OPEN MAT	12PM
1PM											KICK BOXING - SPARRING	OPEN MAT	OPEN MAT	OPEN MAT	1PM
2PM												OPEN MAT			2PM
3PM												OPEN MAT	OPEN MAT		3PM
4PM	JUNIOR BJJ 4+		TEEN BJJ 10+					TEEN KICK BOXING 10+							4PM
5PM	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT	OPEN MAT					5PM
6PM	GI BJJ - SPARRING	OPEN MAT	ADVANCED NO GI - SPARRING	OPEN MAT	GI BJJ - SPARRING	OPEN MAT	BEGINNER ONLY NO GI - SPARRING	ADVANCED OPEN MAT	GI BJJ - SPARRING	OPEN MAT					6PM
7PM	KICK BOXING - SPARRING	OPEN MAT	MMA - SPARRING	OPEN MAT	KICK BOXING - SPARRING	OPEN MAT	INTRO TO WRESTLING - SPARRING	ADVANCED OPEN MAT	NO GI BJJ - SPARRING	OPEN MAT					7PM
8PM		OPEN MAT		OPEN MAT		OPEN MAT		OPEN MAT		OPEN MAT					8PM
9PM															9PM
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		