

	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															8AM
9AM															9AM
10AM											KIDS BJJ 4-7 YRS		GI FUNDAMENTALS	OPEN MAT	10AM
11AM											JUNIOR BJJ 7-10 YRS		OPEN MAT	OPEN MAT	11AM
12PM											YOUTH BJJ 10+ YRS	OPEN MAT	OPEN MAT	OPEN MAT	12PM
1PM											GI BJJ - SPARRING	OPEN MAT	OPEN MAT	OPEN MAT	1PM
2PM											OPEN MAT	KICK BOXING - SPARRING			2PM
3PM											OPEN MAT	OPEN MAT			3PM
4PM	KIDS/JUNIOR BJJ 4-10 YRS		YOUTH BJJ 10+ YRS				YOUTH KICKBOXING 10+ YRS								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	NO GI FUNDAMENTALS - SPARRING	ADVANCED OPEN MAT	GI BJJ - SPARRING	OPEN MAT					6PM
7PM								ADVANCED OPEN MAT							7PM
8PM	OPEN MAT	KICK BOXING - SPARRING	OPEN MAT	MMA - SPARRING	OPEN MAT	KICK BOXING - SPARRING	INTRO TO WRESTLING - SPARRING	OPEN MAT	NO GI BJJ - SPARRING	OPEN MAT					8PM
9PM															9PM
	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		