

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am		Striking		Striking		Striking	
9:00am							Womens only
10:00am							Gi fundamentals
11:00am			Gi fundamentals		No gi fundamentals		
12:00pm	Advanced no gi						
4:00pm			Little's bjjclass 4-8 yr old				
4:30pm		Kids gi 8-13 yr old		Kids gi 8-13 yr old	Kids striking		
5:30pm		Gi advanced class	Gi fundamentals	Gi advanced class	No gi fundamentals	Mma grappling	
6:30pm		Striking	Striking	Striking	Striking	Open mat	