

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 am			6 wk. Small group		6 wk. Small group		
9:00am		Striking		Striking		Striking	Women's only
10:00am							Gi fundamentals
12:00pm	Advanced no gi						Striking
1:30pm	Fighter practice/sparring						
4:00pm			Little's <u>bjj</u> class 5-7 yr old				
4:30pm		Kids gi 8-13 yr old		Kids no gi 8-13 yr old			
5:30pm		Gi advanced class	Gi fundamentals	Gi advanced class	No gi fundamentals	<u>Mma</u> grappling	
6:30pm		Striking	MMA grappling	Striking	Striking		