

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am						Striking	Women's only
10:00am							Gi fundamentals
12:00pm	Advanced no gi						Striking
1:30pm	Fighter practice/sparring						
4:00pm			Little's bjj 4-7 yr old				
4:30pm		Kids gi 8-13 yr old		Kids no gi 8-13 yr old			
5:30pm		Gi All levels class	Gi fundamentals	All levels class Jiu jitsu	No gi fundamentals	Open mat	
6:30pm		Striking		Striking	Striking		