


MONDAY	TUESDAY	WEDNESDAY	THURSDAY
DAY: 11:00 Kickboxing [AL] 12:00 BJJ [Gi, AL] NIGHT: 05:30 Kids BJJ [Gi, Kickboxing [Fund] 06:30 Kickboxing [AL] 07:30 BJJ [NoGi] 08:30 MMA [Adv]	DAY: 11:00 Boxing [AL] 12:00 BJJ [NoGi, AL] NIGHT: 05:30 Kids Kickboxing 06:30 Jiu-Jitsu [Fund, Gi], Boxing [AL] 07:30 Sparring [Adv] 08:30 Wrestling [AL]	DAY: 11:00 Kickboxing [AL] 12:00 BJJ [Gi, AL] NIGHT: 05:30 Kids BJJ [Gi, Kickboxing [Fund] 06:30 Kickboxing [AL] 07:30 BJJ [NoGi] 08:30 MMA [Adv]	DAY: 11:00 Boxing [AL] 12:00 BJJ [NoGi, AL] NIGHT: 05:30 Kids Kickboxing 06:30 Jiu-Jitsu [Fund, Gi], Boxing [AL] 07:30 Sparring [Adv] 08:30 Wrestling [AL]
FRIDAY	SATURDAY	SUNDAY	
DAY: 11:00 Kickboxing [AL] 12:00 Jiu-Jitsu [Gi, AL] NIGHT: 05:30 Kids MMA 06:30 Kickboxing Padwork Jiu-Jitsu [NoGi, AL] 07:30 MMA [Fund/Details]	DAY: 11:00 Sparring [Adv] 12:00 Open Mat, BJJ [NoGi], Kids Sparring [Adv]	DAY: 12:00 Open Mat, BJJ [NoGi]	

[AL] All Levels
 [Fund] Fundamentals
 [Adv] Advanced

[Gi] Jiu-Jitsu Uniform/Gi required
 [NoGi] A class without the Gi (shorts, t-shirts, rashguard preferred)

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