

# Class Schedule

Time	Mon	Tue	Wed	Thu	Fri	Sat
9:00 AM	BJJ Fundamentals	BJJ Fundamentals				
11:30 AM						Open Mat
5:15 PM	Adult Gi Kids Gi	Adult NoGi Kids NoGi	Adult NoGi Kids Wrestling	Adult Gi Kids NoGi	Adult Gi Kids MMA	
6:15 PM	Adult NoGi Kickboxing Gi Fundamentals	10 Round Tuesday	Adult NoGi MMA	Adult NoGi MMA	Live Kickboxing Gi Fundamentals	
7:30 PM				Yoga		