

Class Schedule

Time	Mon	Tue	Wed	Thu	Fri
9:00 AM (60 Minutes)	BJJ Fundamentals	BJJ Fundamentals			
4:15 PM (45 Minutes)		Little's Wrestling Level 1 (Ages 3-6) Kids NoGi Level 1		Little's Wrestling Level 1 (Ages 3-6) Kids NoGi Level 1	
5:15 PM (60 Minutes)	Adult Gi Kids Gi All Levels	Adult NoGi Kids NoGi Level 2	Adult NoGi Kids Wrestling All Levels	Adult Gi Kids NoGi Level 2	Adult Gi
6:15 PM (60 Minutes)	Adult NoGi Kickboxing Gi Fundamentals	10 Round Tuesday	Adult NoGi MMA Capoeira	Adult NoGi MMA Capoeira	Live Kickboxing Gi Fundamentals
7:30 PM (60 Minutes)	Capoeira			Yoga	

Saturday	Sunday
Open Mat 11:30 AM - 1:30 PM (Kids & Adults)	Sunday Service 1:00 PM - 2:30 PM