

Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM		Executive Adult BJJ (Mat 1)		Executive Adult BJJ (Mat 1)			
9 AM		9:30am Cardio (Mat 2)		9:30am Cardio (Mat 1)		Cardio Bootcamp (Mat 1) & Open Roll (Mat 2)	
10 AM		YOGA				Family BJJ (Mat 1)	
11 AM							BJJ No Gi (Mat 1)
12 PM	Executive BJJ Adult (Mat 1)	Executive BJJ Adult (Mat 1)	Executive BJJ Adult (Mat 1)	Executive BJJ Adult (Mat 1)	Executive BJJ Adult (Mat 1)	Women's Self Defense (Per Calendar) (Mat 1)	BJJ Open Roll (Mat 1)
4 PM		Kids/Jr3 BJJ (Mat 1)		Kids/Jr3 BJJ (Mat 1)			
5PM	Kids Muay Thai Invitation Only (Mat 1)	Kids Muay Thai Invitation Only (Mat 1)		Kids Muay Thai Invitation Only (Mat 1)			
6 PM	BJJ Team Training (Mat 2) & Kids BJJ (Mat 1)	Adult BJJ (Mat 2) & Kids/Jr3 BJJ (Mat 1)	BJJ Fundamentals (Mat 2)& Advanced BJJ Adult Kids BJJ (Mat 1)	Adult BJJ (Mat 2) & Kids/Jr3 BJJ (Mat 1)	BJJ Open Roll (Per Private Group Scheduling) (Mat 1)		BJJ Women's Open Roll (Mat 1)
7:15 PM	Muay Thai Kick Boxing (Mat 1) & Open Roll (Mat 2)	Judo (Mat 1)	Open Roll (Mat 1) & *Coming Soon*	Cardio Kick Boxing (Mat 1)			
8:15 PM	*Coming Soon*	*Coming Soon*	Muay Thai Kick Boxing (Mat 1)	*Coming Soon*			