

Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM		Executive Adult BJJ (Mat 1)		Executive Adult BJJ (Mat 1)			
9 AM						Cardio Bootcamp (Mat 1) & Open Roll (Mat 2)	
10 AM	Cardio (Mat 1)		Cardio (Mat 1)			Family BJJ (Mat 1)	
11 AM							BJJ No Gi (Mat 1)
12 PM	*Coming Soon*	Executive BJJ Adult (Mat 1)	*Coming Soon*	Executive BJJ Adult (Mat 1)	*Coming Soon*	Women's Self Defense (Per Calendar) (Mat 1)	BJJ Open Roll (Mat 1) *Coming Soon*
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*			