

Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM		Gracie Jiu Jitsu		Gracie Jiu Jitsu			
8 AM	Cardio Combat Kickboxing		Cardio Combat Kickboxing				
9 AM						Sword Fighting & Wrestling/Cardio/ Drills	
10 AM						Family BJJ & Aikido	
11 AM							BJJ No Gi
12 PM		Gracie Jiu Jitsu		Gracie Jiu Jitsu	12:15 pm Gracie Jiu Jitsu		BJJ Open Roll
4 PM		Kids Hybrid BJJ		Kids Hybrid BJJ			Judo
5 PM		Kids Hybrid BJJ & Cardio Combat Kickboxing		Kids Hybrid BJJ & Cardio Combat Kickboxing			
6 PM	Fundamental Gracie Jiu Jitsu (Mat 1) & Advanced Kids BJJ (Mat 2)	Fundamental Gracie Jiu Jitsu (Mat 1) & Advanced Kids/Kids Jr BJJ (Mat 2)	Advanced Gracie Jiu Jitsu (Mat 1) & Advanced Kids BJJ (Mat 2)	Advanced Gracie Jiu Jitsu (Mat 1) & Advanced Kids/Kids Jr BJJ (Mat 2)			
7 PM	Open Roll	Aikido (Mat 1) & Open Roll (Mat 2)	Judo (Mat 1) & Open Roll (Mat 2)	Aikido (Mat 1) & Open Roll (Mat 2)	Judo		
8 PM							