

Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	No GI (Tentative)	Gracie Jiu Jitsu	No GI (Tentative)	Gracie Jiu Jitsu	No GI (Tentative)		
8:30 AM	Cardio Combat Kickboxing		Cardio Combat Kickboxing				
9 AM						Sword Fighting & Wrestling/Cardio/ Drills	
10 AM						Family BJJ & Aikido	
11 AM							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			
5 PM		Kids Hybrid BJJ (Tentative) & Cardio Combat Kickboxing		Kids Hybrid BJJ (Tentative) & Cardio Combat Kickboxing			Judo
6 PM	6:15 pm Gracie Jiu Jitsu & Advanced Kids BJJ	Gracie Jiu Jitsu & Beginner Kids BJJ – All Levels	6:15 pm Gracie Jiu Jitsu & Advanced Kids BJJ	No Gi & Beginner Kids BJJ – All Levels			
7 PM		Aikido & Open Roll	7:15 pm Judo & Iaido	Aikido & Open Roll	Judo		
8 PM							