

Hours of Operation	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	NO GI	Gracie Jiu Jitsu	NO GI	Gracie Jiu Jitsu	NO GI		
8 AM						NO GI	
9 AM						Wrestling & Open Mat	
11 AM							NO GI
12 PM		Gracie Jiu Jitsu		Gracie Jiu Jitsu	Private Group Open Roll		BJJ Open Roll
5 PM	Boxing & Conditioning TRX		Boxing & Conditioning TRX				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	Gracie Jiu Jitsu		
7 PM	Aikido 7-8:30 pm	Laido Sword 7:30-9 pm	7:15 pm Judo & Aikido 7-8:30 pm	White to Blue	Judo		
8 PM	Boxing						