



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 AM ALL LEVELS		6:00 AM ALL LEVELS		6:00 AM ALL LEVELS	
		9:00 AM ALL LEVELS				9:00 AM ALL LEVELS
						10-11:30 AM ENDURANCE BJJ
3:00 PM MUAY THAI						11:30AM-12:15 PM KIDS BJJ
4:00 PM FUNDAMENTALS (NO-GI)		4:45-5:30PM KIDS BJJ	4:30-5:15 PM KIDS BJJ	4:45-5:30 PM KIDS BJJ		
5:00 PM OPEN MAT/NOGI TAKEDOWNS	5:00 PM FUNDAMENTALS	5:00 PM FUNDAMENTALS	5:00 PM FUNDAMENTALS	5:00 PM INTERMEDIATE (NO-GI)	5:00 PM FUNDAMENTALS	4:30-6:00 PM OPEN MAT
	6:00-7:30 PM INTERMEDIATE	6:00-7:30PM ADV GI	6:00-7:30 PM INTERMEDIATE (NO-GI)	6:00-7:30 PM ENDURANCE BJJ	6:00 PM OPEN MAT	
	7:00-7:30 PM 5x5 PORRADA	7:00-7:30 PM 5x5 PORRADA	7:00-7:30 PM 5X5 PORRADA	7:30-8:30 PM FUNDAMENTALS (NO-GI)	7:00 PM MMA	
	7:30-8:30 PM FUNDAMENTALS	7:00-8:00 PM WOMEN'S CLASS				

Fundamentals Class: Fundamentals Curriculum. All are welcome!

All Levels Class: Subject to change based on the average level of the room. All are welcome!

Intermediate Class: Must be a Green Belt or above OR ask the Professor beforehand.

Endurance Class: Recommended 2 stripes or above.

Women's Class: All women are welcome for free! Newcomers must schedule a free orientation class at minimum before attending. Tell your friends!

5x5 Porrhada(Poh-Hah-Duh): Five, five minute rounds of rolling - all are welcome! But please try to finish all five rounds!