



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00-7:00 AM ALL LEVELS	6:00-7:00 AM OPEN MAT	6:00-7:00 AM ALL LEVELS	6:00-7:00 AM INTERMEDIATE	6:00-7:00 AM OPEN MAT	
						9:00-10:00 AM ALL LEVELS
		12:15-12:45 PM OPEN MAT		12:15-12:45PM OPEN MAT		10:00-11:30 AM ENDURANCE BJJ
3:00-4:00 PM MUAY THAI						11:30AM-12:15 PM KIDS BJJ
4:00-5:00 PM FUNDAMENTALS (NO-GI)	4:15-5:15 PM YOGA	4:45-5:30 PM KIDS BJJ	4:45-5:30 PM KIDS BJJ	4:45-5:30 PM KIDS BJJ		3:30-4:30PM INT/ADV LEGLOCKS (NO-GI)
5:00-6:00 PM OPEN MAT/ NOGI-TAKEDOWNS & WRESTLING	5:30-6:30 PM FUNDAMENTALS 1 HR	5:30-7:00 PM ADVANCED 1.5 HR/ WOMEN'S CLASS 1 HR	5:30-6:30 PM FUNDAMENTALS 1 HR	5:30-7:00 PM COMPETITION ENDURANCE BJJ 1.5 HR	5:30-6:30 PM FUNDAMENTALS 1 HR	4:30-6:00 PM OPEN MAT
	6:30-8:00 PM INTERMEDIATE 1.5 HR	7:00-8:00 PM FUNDAMENTALS 1 HR	6:30-8:00 PM INTERMEDIATE (NO-GI) 1.5 HR	7:00-8:00 FUNDAMENTALS (NO-GI) 1 HR	6:30-7:30 PM OPEN MAT	
	8:00-9:00 PM FUNDAMENTALS				7:00-8:00 PM MMA	

Fundamentals Class: Fundamentals Curriculum. All are welcome! 1 Hour in length.

All Levels Class: Subject to change based on the average level of the room. All are welcome! 1 Hour in length

Intermediate Class: Must be a Green Belt or above OR ask the Professor beforehand. 1.5 Hours in length

Endurance Class: Recommended 2 stripes or above. 1.5 hours

Women's Class: All women are welcome for free! Newcomers must schedule a free orientation class at minimum before attending. Tell your friends! 1 Hour.