



Class Schedule

(Starting January 21st 2019)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30-12:30	Adult BJJ		Adult BJJ		Adult BJJ		
4:45-5:30	Youth Kickboxing	Youth Judo	Youth Kickboxing	Youth Kickboxing			
5:30- 6:30	Youth BJJ	Youth BJJ	Youth BJJ (No gi)	BJJ / Judo blended	Adult Open Mat		
6:30-7:30	Adult Kickboxing		Adult Kickboxing				
6:30- 8:00		Adult BJJ		Adult BJJ			
7:30-9:00	Adult BJJ		Adult BJJ (No Gi)				
8:00-9:00		Adult Judo		Adult Judo			