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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 AM Adult All Levels No Gi	6:00 AM - 7:00 AM Adult All Levels	6:00 AM - 7:00 AM Adult All Levels No Gi	6:00 AM - 7:00 AM Adult All Levels		9:10 AM - 9:55 AM Silver Samurais (Ages 3-6)
7:00 AM - 12:00 PM Available for Private Instruction	7:00 AM - 12:00 PM Available for Private Instruction	7:00 AM - 12:00 PM Available for Private Instruction	7:00 AM - 12:00 PM Available for Private Instruction	7:00 AM - 12:00 PM Available for Private Instruction	10:15 AM - 11:10 AM Golden Samurais (Ages 7-12)
12:00 PM - 1:00 PM Adult All Levels	12:00 PM - 1:00 PM Adult All Levels	12:00 PM - 1:00 PM Adult All Levels	12:00 PM - 1:00 PM Adult All Levels	12:00 PM - 1:00 PM Drill Class All Levels	11:30 AM - 1:00 PM Adult All Levels
4:15 PM - 5:00 PM Silver Samurais (Ages 3-6)	4:00 PM - 4:45 PM Silver Samurais (Ages 3-6)	4:15 PM - 5:00 PM Silver Samurais (Ages 3-6)	4:00 PM - 4:45 PM Silver Samurais (Ages 3-6)	3:30 PM - 4:15 PM Silver Samurais (Ages 3-6)	
5:05 PM - 6:05 PM Competition Golden Samurais	5:00 PM - 6:00 PM Golden Samurais (Ages 7-12)	5:05 PM - 6:05 PM Competition Golden Samurais	5:00 PM - 6:00 PM Golden Samurais (Ages 7-12)	4:20 PM - 5:20 PM Competition Golden Samurais	
6:10 PM - 7:10 PM Golden Samurais (Ages 7-12)	6:15 PM - 7:15 PM Adult BJJ Fundamentals	6:10 PM - 7:10 PM Golden Samurais No Gi (Ages 7-12)	6:15 PM - 7:15 PM Adult BJJ Fundamentals	5:30 PM - 6:30 PM Golden Samurais (Ages 7-12)	
7:15 PM - 8:15 PM Adults All Levels	7:30 PM - 8:30 PM Adult All Levels	7:15 PM - 8:15 PM Adults All Levels No Gi	7:30 PM - 8:30 PM Adult All Levels		

Adult All Levels: Ages 13+. All belt levels are included with techniques varied by difficulty within belts. Freestyle sparring at the end of training.
Fundamentals: Ages 13+ can attend. This class focuses on self defense and specific resistance training.
Drills: Exercises that build muscle memory and acquire technique. No sparring or resistance training.
Competition Team: Invitation-only class based on dedication, experience and desire to compete at local, national and international levels. Specific membership level is required.