## Pure Mixed Martial Arts Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Levels Gi Jiu Jitsu		All Levels NoGi Jiu Jitsu		All Levels NoGi Jiu Jitsu	Advanced NoGi Open Mat
	6:30am - 7:30am		6:30am - 7:30am		6:30am - 7:30am	8:00am - 9:00am
	(Gray Mat)		(Gray Mat)		(Gray Mat)	(Gray Mat)
						Kids NoGi Jiu Jitsu
						9:00am - 9:45am (Red/Grey Mat)
						Teens/Adults
						Karate
						9:15am - 10:00am (Red/Gray Mat)
						Kids Karate
						Tiny Tigers 10:00am - 10:30am
						(Gray Mat)
						Kids Karate
						Super Junior 10:45am - 11:30am
						(Gray Mat)
Muay Thai Kickboxing	Expert NoGi Open Mat	Muay Thai Kickboxing		Muay Thai Kickboxing		Muay Thai Kickboxing
11:00am - 12:00pm	11:00am - 12:00pm	11:00am - 12:00pm		11:00am - 12:00pm		11:00am - 12:00pm
(Red/Gray Mat)	(Gray Mat)	(Red/Gray Mat)		(Red/Gray Mat)		(Red/Gray Mat)
All Levels NoGi Jiu Jitsu	All Levels Gi Jiu Jitsu	All Levels NoGi Jiu Jitsu	All Levels Gi Jiu Jitsu	All Levels NoGi Jiu Jitsu	All Levels Gi Jiu Jitsu	All Levels Gi Jiu Jitsu
12:00pm - 1:00pm (Gray Mat)	12:00pm - 1:00pm (Gray Mat)	12:00pm - 1:00pm (Gray Mat)	12:00pm - 1:00pm (Gray Mat)	12:00pm - 1:00pm (Gray Mat)	12:00pm - 1:00pm (Gray Mat)	12:00pm - 1:00pm (Gray Mat)
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	Kids Karate			Kids Karate		
	Super Junior 3:45pm - 4:30pm			Tiny Tigers 4:30pm - 5:00pm		
	(Red/Gray Mat)			(Red/Gray Mat)		
	Kids Karate	Super Junior	Kids Karate	Super Junior		
	Tiny Tigers 4:30pm - 5:00pm	(White Belt) 5:00pm - 5:45pm	Super Junior 3:45pm - 4:30pm	(White Belt) 5:00pm - 5:45pm		
	(Red/Gray Mat)	(Red/Gray Mat)	(Red/Gray Mat)	(Red/Gray Mat)		
	Kids Karate Super Junior	Super Junior (Yellow & Up)	Kids Karate Tiny Tigers	Super Junior (Yellow & Up)		
	5:00pm - 5:45pm (Red/Gray Mat)	5:45pm - 6:30pm (Red/Gray Mat)	4:30pm - 5:00pm (Red/Gray Mat)	5:45pm - 6:30pm (Red/Gray Mat)		
	Teens/Adults	Super Junior	Kids Karate	Kids Jiu Jitsu		
	Karate	(Green & Up)	Super Junior	(3-5 yrs)		
	5:45pm - 6:30pm (Red/Gray Mat)	6:30pm - 7:15pm (Red/Gray Mat)	5:00pm - 5:45pm (Red/Gray Mat)	4:45pm - 5:25pm (Gray Mat)		
	Kide No. 201	Kids Jiu Jitsu	Teens/Adults	Kids Jiu Jitsu		
	Kids Jiu Jitsu 5:30pm - 6:30pm	(3-5 yrs) 4:45pm - 5:25pm	Karate 5:45pm - 6:30pm	(5-13 yrs) 5:30pm - 6:30pm		
	(Gray Mat)	(Gray Mat)	(Red/Gray Mat)	(Gray Mat)		
	Women's NoGi Jiu Jitsu	Kids Jiu Jitsu	Kids Jiu Jitsu	Women's Gi Jiu Jitsu		
	6:30pm - 7:30PM	(5-13 yrs) 5:30pm - 6:30pm	5:30pm - 6:30pm (Gray Mat)	6:30pm - 7:30PM		
	(Red/Gray Mat)	(Gray Mat)		(Red/Gray Mat)		
	All Levels Gi Jiu Jitsu	Advanced Gi Jiu Jitsu	All Levels NoGi Jiu Jitsu	Advanced Gi Jiu Jitsu	Muay Thai Kickboxing	
	6:30pm - 7:30pm (Gray Mat)	6:00pm - 7:00pm (Red/Gray Mat)				
	All Levels NoGi				All Levels NoGi	
	Jiu Jitsu	Beginners Gi Jiu Jitsu	Muay Thai Fundamentals	Beginners Gi Jiu Jitsu	Jiu Jitsu	
	7:30pm - 8:30pm (Gray Mat)	7:30pm - 8:30pm (Gray Mat)	6:45pm - 7:30pm (Red/Gray Mat)	7:30pm - 8:30pm (Gray Mat)	7:00pm - 8:00pm (Gray Mat)	
	Muay Thai	Muay Thai	Muay Thai	Muay Thai		
	Kickboxing 7:30pm - 8:30pm	Kickboxing 7:30pm - 8:30pm	Kickboxing 7:30pm - 8:15pm	Kickboxing 7:30pm - 8:30pm		
	(Red/Gray Mat)	(Red/Gray Mat)	(Red/Gray Mat)	(Red/Gray Mat)		
		Muay Thai	Muay Thai	Muay Thai		
		Sparring 8:30pm - 9:00pm	Sparring 8:15pm - 8:45pm	Sparring 8:30pm - 9:00pm		
		(Red/Gray Mat)	(Red/Gray Mat)	(Red/Gray Mat)		

**Tiny Tigers Karate:** 3-5 yrs old **Super Junior Karate:** 6-13 yrs old

Kids Jiu Jitsu: 4-13 yrs old (unless specified 3-5) Advanced Jiu Jitsu: 3 Stripe White Belt & up

**Expert NoGi**: 3 Stripe Blue Belt & Up or Expert Competitor **Muay Thai Sparring**: Minimum 2 Months Muay Thai Experience

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