



## MONDAY

- **6:00AM - 7:00AM**  
Wrestling BJJ - All Levels
  
- **12:00PM - 1:00PM**  
- Adults BJJ : Gi All Levels
  
- **4:45PM - 5:30PM**  
- Little Kids BJJ: Gi (3-5y)  
- Little Kids BJJ: Gi (6-7y)
  
- **5:30PM - 6:30PM**  
- Big Kids BJJ - Gi (8-11y)  
- Parents BJJ - Gi
  
- **6:45PM - 7:45PM**  
- Teens BJJ : Gii (12-15y)  
-Adults BJJ Fundamentals
  
- **7:45PM - 9:00PM**  
- Adults BJJ:Gi -All Levels

## TUESDAY

- **6:00AM - 7:00AM**  
- Adults BJJ NO Gi
  
- **10:00AM - 11:00AM**  
-Kids Home School(7-12y)
  
- **12:00PM - 1:00PM**  
-Adults BJJ : NO Gi
  
- **5:00PM - 6:00PM**  
- Kids Competition Class
  
- **6:00PM - 7:30PM**  
-Advanced Class-  
Kids/Teens/Adults  
(INVITATION ONLY)
  
- **6:30PM - 7:30PM**  
- Womens BJJ : Gi
  
- **7:30PM - 8:30PM**  
-Adults BJJ:NoGi All Level

## WEDNESDAY

- **6:00AM - 7:00AM**  
- Adults BJJ:Gi All Levels
  
- **12:00PM - 1:00PM**  
- Adults BJJ : Gi All Levels
  
- **4:45PM - 5:30PM**  
- Little Kids BJJ: Gi (3-5y)  
- Little Kids BJJ: Gi (6-7y)
  
- **5:30PM - 6:30PM**  
- Big Kids BJJ - Gi (8-11y)  
- Parents BJJ - Gi
  
- **6:45PM - 7:45PM**  
- Teens BJJ : Gi (12-15y)  
-Adults BJJ Fundamentals
  
- **7:45PM - 9:00PM**  
- Adults BJJ:Gi -All Levels

## THURSDAY

- **6:00AM - 7:00AM**  
- Adults BJJ NO Gi
  
- **10:00AM - 11:00AM**  
-Kids Home School(7-12y)
  
- **12:00PM - 1:00PM**  
-Adults BJJ : NO Gi
  
- **5:00PM - 6:00PM**  
- Kids Competition Class
  
- **5:30PM - 6:30PM**  
- Parents BJJ : NoGi
  
- **6:00PM - 7:30PM**  
-Advanced  
Class-Kids/Teens/Adults  
(INVITATION ONLY)
  
- **7:30PM - 8:30PM**  
-Adults BJJ:No Gi All  
Levels

## FRIDAY

- **6:00AM - 7:00AM**  
-Adults BJJ Gi & NO Gi
  
- **12:00PM - 1:00PM**  
- Adults BJJ : Gi All Levels
  
- **4:45PM - 5:30PM**  
-Little Kids BJJ:NoGi 3-5y  
-Little Kids BJJ:NoGi 6-7y
  
- **5:30PM - 6:30PM**  
-Big Kids BJJ-No Gi(8-11y)  
- Womens BJJ - Gi
  
- **6:45PM - 7:45PM**  
- Teens BJJ:No Gi (12-15y)
  
- **7:45PM - 9:00PM**  
- **Adults BJJ:Gi -All Levels**

## SATURDAY

- **10:00AM - 12:00PM**  
-Kids Open Mat-Gi/NoGi
  
- **12:00PM - 2:00PM**  
-Adults Open Mat

## SUNDAY

- 10:00AM - 12:00PM**  
- Grappling Open Mat