

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am	Competition Class - Gi		Competition Class - No-Gi		Competition Class - Gi		
6:00-6:45am	Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing		
12-12:45pm	Cardio Kickboxing		Cardio Kickboxing		Cardio Kickboxing		
5:30-6:30pm	Kids BJJ	Adult No-Gi Fundamentals		Adult No-Gi Fundamentals	Kids BJJ		
6:30-7:30pm	Adult Gi BJJ Fundamentals	Adult No-Gi Intermediate/Advanced		Adult No-Gi Intermediate/Advanced	Adult Gi BJJ All Levels		

* Personal Training is based on scheduled time with your coach