

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parents & Me <small>(Ages 2-7)</small>						9:30 am - 10:00 am
Kids <small>(Ages 3-5)</small>		4:00 pm - 4:30 pm		4:00 pm - 4:30 pm		
Juniors <small>(Ages 6-9)</small>	5:45 pm - 6:30 pm	4:30 pm - 5:15 pm	5:45 pm - 6:30 pm	4:30 pm - 5:15 pm		
Teens <small>(Ages 10-13)</small>	4:45 pm - 5:45 pm	5:15 pm - 6:15 pm	4:45 pm - 5:45 pm	5:15 pm - 6:15 pm		
Kids Black Belt Club		4:00 pm - 4:30 pm		4:00 pm - 4:30 pm		
Juniors Black Belt Club	5:45 pm - 6:30 pm	4:30 pm - 5:15 pm	5:45 pm - 6:30 pm	4:30 pm - 5:15 pm		
Teens Black Belt Club	4:45 pm - 5:45 pm	5:15 pm - 6:15 pm	4:45 pm - 5:45 pm	5:15 pm - 6:15 pm		
Juniors & Teens All Levels		6:15 pm - 7:15 pm		6:15 pm - 7:15 pm		
Kids Muay Thai Kickboxing					4:45 pm - 5:45 pm	
Kids Open Mat					5:45 pm - 6:30 pm	

## Adults

Adult BJJ Fundamentals	6:30 pm - 7:30 pm	8:00 pm - 9:00 pm 12:00 pm - 1:00 pm	6:30 pm - 7:30 pm	8:00 pm - 9:00 pm 12:00 pm - 1:00 pm		
Advanced White Belt	7:30 pm - 8:30 pm	6:15 pm - 7:15 pm	7:30 pm - 8:30 pm	6:15 pm - 7:15 pm		10:00 am - 11:00 am
Adult Black Belt Technique <small>(Blue belt and above)</small>	8:30 pm - 9:30 pm	12:00 pm - 1:00 pm 6:15 pm - 7:15 pm	7:30 pm - 8:30 pm	12:00 pm - 1:00 pm 6:15 pm - 7:15 pm		10:00 am - 11:00 am
Adult Black Belt Open Mat	9:30 pm - 10:00 pm	1:00 pm - 2:00 pm 7:15 pm - 8:00 pm	8:30 pm - 9:00 pm	1:00 pm - 2:00 pm 7:15 pm - 8:00 pm		11:00 am - 12:00 pm
No Gi Jiu Jitsu					6:30 pm - 7:30 pm	12:00 pm - 1:00 pm
Advanced Adult Open Mat					6:30 pm - 8:00 pm	
Kettlebells & Conditioning	8:00 am - 9:00 am 5:30 pm - 6:30 pm	8:00 pm - 9:00 pm	8:00 am - 9:00 am 5:30 pm - 6:30 pm	8:00 pm - 9:00 pm	8:00 am - 9:00 am 5:30 pm - 6:30 pm	
Muay Thai Kickboxing Fundamentals	6:30 pm - 7:30 pm	9:30 am - 10:30 am 7:15 pm - 8:15 pm	6:30 pm - 7:30 pm	9:30 am - 10:30 am 7:15 pm - 8:15 pm		10:30 am - 11:30 am
Adults Kickboxing - Open Mat	7:30 pm - 8:00 pm		7:30 pm - 8:00 pm			11:30 am - 12:00 pm
Adults Muay Thai Kickboxing Advanced	6:30 pm - 7:30 pm	7:15 pm - 8:30 pm	6:30 pm - 7:30 pm	7:15 pm - 8:30 pm		10:30 am - 11:30 am
Street Self Defense with Professor Craig Husband	7:30 pm - 8:30 pm					
Women's Only Fitness Bootcamp		6:00 am - 7:00 am 5:30 pm - 6:30 pm		6:00 am - 7:00 am 5:30 pm - 6:30 pm		

**Fundamentals:** All Jiu Jitsu students welcome • **Advanced:** Only white belt students who have been invited

**Adult Black Belt:** Blue Belts and Above • **Black Belt Technique:** Blue belts and above only • **Black Belt Open Mat:** Open mat for training for blue belts and above.

Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parents & Me <small>(Ages 2-7)</small>					4:00 pm - 4:30 pm	
Kids <small>(Ages 3-5)</small>	3:45 pm - 4:15 pm		3:45 pm - 4:15 pm			
Juniors <small>(Ages 6-9)</small>	4:15 pm - 5:00 pm	5:30 pm - 6:30 pm	4:15 pm - 5:00 pm	5:30 pm - 6:30 pm		
Teens <small>(Ages 10-13)</small>	5:00 pm - 6:00 pm	4:30 pm - 5:30 pm	5:00 pm - 6:00 pm	4:30 pm - 5:30 pm		
Kids Black Belt Club	3:45 pm - 4:15 pm		3:45 pm - 4:15 pm			
Juniors Black Belt Club	4:15 pm - 5:00 pm	5:30 pm - 6:30 pm	4:15 pm - 5:00 pm	5:30 pm - 6:30 pm		
Teens Black Belt Club	5:00 pm - 6:00 pm	4:30 pm - 5:30 pm	5:00 pm - 6:00 pm	4:30 pm - 5:30 pm		
Kids Muay Thai Kickboxing					4:30 pm - 5:30 pm	
Kids, Juniors, Teens Open Mat					5:30 pm - 6:15 pm	

## Adults

Adult BJJ Fundamentals	12:00 pm - 1:00 pm 7:30 pm - 8:30 pm	6:30 pm - 7:30 pm	7:30 pm - 8:30 pm	6:30 pm - 7:30 pm	12:00 pm - 1:00 pm	
Advanced White Belt		7:30 pm - 8:30 pm	12:00 pm - 1:00 pm	7:30 pm - 8:30 pm		10:00 am - 11:00 am
Adult Black Belt Technique <small>(Blue belt and above)</small>	12:00 pm - 1:00 pm 6:00 pm - 7:00 pm	7:30 pm - 8:30 pm	12:00 pm - 1:00 pm 6:00 pm - 7:00 pm	7:30 pm - 8:30 pm	12:00 pm - 1:00 pm	10:00 am - 11:00 am
Adult Black Belt Open Mat	1:00 pm - 1:30 pm 7:00 pm - 7:30 pm	8:30 pm - 9:00 pm	1:00 pm - 2:00 pm 7:00 pm - 7:30 pm	8:30 pm - 9:00 pm	1:00 pm - 1:30 pm	11:00 am - 12:00 pm
No Gi Jiu Jitsu						12:00 am - 1:00 pm
Kettlebells	6:00 pm - 7:00 pm		6:00 pm - 7:00 pm			

**Fundamentals:** All Jiu Jitsu students welcome

**Advanced:** Only white belt students who have been invited

**Black Belt Technique:** Blue belts and above only

**Black Belt Open Mat:** Open mat for training for blue belts and above.



<b>Program</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
Parents & Me (Ages 2-7)					5:30 pm - 6:00 pm	
Kids (Ages 3-5)		4:15 pm - 4:45 pm		4:15 pm - 4:45 pm		
Juniors (Ages 6-9)	5:15 pm - 6:00 pm	4:45 pm - 5:30 pm	5:15 pm - 6:00 pm	4:45 pm - 5:30 pm		
Teens (Ages 10-13)	6:00 pm - 7:00 pm	5:30 pm - 6:30 pm	6:00 pm - 7:00 pm	5:30 pm - 6:30 pm		
Kids Black Belt Club		4:15 pm - 4:45 pm		4:15 pm - 4:45 pm		
Juniors Black Belt Club	6:00 pm - 7:00 pm	4:45 pm - 5:30 pm	6:00 pm - 7:00 pm	4:45 pm - 5:30 pm		
Teens Black Belt Club	6:00 pm - 7:00 pm	5:30 pm - 6:30 pm	6:00 pm - 7:00 pm	5:30 pm - 6:30 pm		
Kids Kickboxing/Capoeira					4:30 pm - 5:30 pm	

## **Adults**

Adult BJJ Fundamentals	7:00 pm - 8:00 pm	6:30 pm - 7:30 pm	7:00 pm - 8:00 pm	6:30 pm - 7:30 pm		
Advanced White Belt	8:00 pm - 9:00 pm		8:00 pm - 9:00 pm			

**Fundamentals:** All Jiu Jitsu students welcome

**Advanced:** Only white belt students who have been invited



Program	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Parents & Me <small>(Ages 2-7)</small>					5:30 pm - 6:00 pm	
Kids <small>(Ages 3-5)</small>	4:00 pm - 4:30 pm	4:45 pm - 5:15 pm	4:00 pm - 4:30 pm	4:45 pm - 5:15 pm		
Juniors <small>(Ages 6-9)</small>	4:30 pm - 5:15 pm	5:15 pm - 6:00 pm	4:30 pm - 5:15 pm	5:15 pm - 6:00 pm		
Teens <small>(Ages 10-13)</small>	5:15 pm - 6:15 pm	6:00 pm - 7:00 pm	5:15 pm - 6:15 pm	6:00 pm - 7:00 pm		
Kids Black Belt Club	4:00 pm - 4:30 pm	4:45 pm - 5:15 pm	4:00 pm - 4:30 pm	4:45 pm - 5:15 pm		
Juniors Black Belt Club	4:30 pm - 5:15 pm	5:15 pm - 6:00 pm	4:30 pm - 5:15 pm	5:15 pm - 6:00 pm		
Teens Black Belt Club	5:15 pm - 6:15 pm	6:00 pm - 7:00 pm	5:15 pm - 6:15 pm	6:00 pm - 7:00 pm		
Kids Kickboxing					4:30 pm - 5:30 pm	
Kids Open Mat					6:00 pm - 6:45 pm	

## Adults

Adult BJJ Fundamentals	6:15 pm - 7:15 pm	7:00 pm - 8:00 pm	6:15 pm - 7:15 pm	7:00 pm - 8:00 pm		
Advanced Technique	7:15 pm - 8:15 pm		7:15 pm - 8:15 pm			
Open Mat	8:15 pm - 8:45 pm	8:00 pm - 9:00 pm	8:15 pm - 8:45 pm	8:00 pm - 9:00 pm		

**Fundamentals:** All Jiu Jitsu students welcome

**Advanced and Black Belt:** Only white belt students who have been invited