



Monday	Tuesday	Wednesday	Thursday	Friday
Kids BJJ 4:45 – 5:30PM	Kids MMA 4:45 – 5:30PM	Kids BJJ 4:45 – 5:30PM	Kids MMA 4:45 – 5:30PM	Kids BJJ 4:45 – 5:30PM
Teens BJJ 5:30 – 6:15PM		Teens BJJ 5:30 – 6:15PM		Teens BJJ 5:30 – 6:15PM
Kids BOXING 5:30 – 6:15PM	Adults/Teens MMA 5:30 – 6:15PM	Kids BOXING 5:30 – 6:15PM	Adults/Teens MMA 5:30 – 6:15PM	Teens BJJ 5:30 – 6:15PM
Adults BOXING 13+ (beginners) 6:15 – 7:15PM	Adults BOXING 13+ (all Levels) 6:15 – 7:15PM	Adults BOXING 13+ (beginners) 6:15 – 7:15PM	Adults BOXING 13+ (all levels) 6:15 – 7:15PM	Adults BOXING 13+ (Beginners) 6:15 – 7:15PM
Adults BOXING (Fighters Class) 7:15PM	Kids WRESTLING 6:15 – 7:15PM	Adults BOXING (Fighters Class) 7:15PM	Kids WRESTLING 6:15 – 7:15PM	Adults BOXING (Fighters Class) 7:15PM
Adults BJJ (all levels) 7:30 – 8:30PM	Adults WRESTLING 7:15 – 8:15PM	Adults BJJ (all levels) 7:30 – 8:30PM	Adults WRESTLING 7:15 – 8:15PM	Adults BJJ (all levels) 7:30 – 8:30PM