

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Adult BJJ (Gi) 5:30-7:00 AM	Adult BJJ (No-Gi) 5:30-7:00 AM	Adult BJJ (Gi) 5:30-7:00 AM		Youth BJJ (Gi) 10:00-11:00 AM	Judo 8:00-9:15 AM
					Open Mat (Gi/No-Gi) 11:00 AM-1:00 PM	Adult BJJ Comp Class 1:00-2:00 PM
						Open Mat (Gi/No-Gi) 2:00-4:00 PM
Wrestling 5:30-7:00 PM	Wrestling 5:30-7:00 PM		Wrestling 5:30-7:00 PM	Wrestling 5:30-7:00 PM		Striking 3:00-4:00 PM
Adult BJJ (Gi) 6:15-8:00 PM		Adult BJJ (Gi) 6:15-8:00 PM	Open Mat 5:45-6:45 PM	Adult BJJ (No-Gi) 5:15-6:30 PM		
				Striking 6:30-7:45 PM		
	Youth BJJ (Gi) 7:00-8:00 PM	Striking 7:45-9:00 PM	Youth BJJ (No-Gi) 7:00-8:00 PM			