

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>10:00 am - 11:00 am</b> First Responder Class</p>	<p><b>4:30 pm - 6:00 pm</b> HS Wrestling</p>	<p><b>9:00 am - 10:00 am</b> BJJ Troubleshooting</p>	<p><b>4:30 pm - 6:00 pm</b> HS Wrestling</p>	<p><b>4:30 pm - 6:00 pm</b> HS Wrestling</p>	<p><b>10:15 am - 11:15 am</b> Youth Jiu-Jitsu Gi (ages 6-14)</p>	<p><b>10:00 pm - 11:30 am</b> Kickboxing / Sparring (Members Only)</p>
<p><b>4:00 pm - 5:30 pm</b> HS Wrestling</p>	<p><b>6:00 pm - 6:30 pm</b> No-Gi Fundamentals</p>	<p><b>4:00 pm - 5:30 pm</b> HS Wrestling</p>	<p><b>6:00 pm - 6:30 pm</b> No-Gi Fundamentals</p>	<p><b>6:00 pm</b> MMA Sparring</p>	<p><b>11:30 am - 1:00 pm</b> No-Gi Takedowns</p>	<p><b>11:30 am - 1:00 pm</b> Jiu-Jitsu No-Gi</p>
<p><b>5:30 pm - 6:20 pm</b> Youth Jiu-Jitsu No Gi (ages 6-14)</p>	<p><b>6:30 pm - 8:00 pm</b> No-Gi Jiu Jitsu</p>	<p><b>5:30 pm - 6:20 pm</b> Youth Jiu-Jitsu No-Gi (ages 6-14)</p>	<p><b>6:30 pm - 8:00 pm</b> No-Gi Jiu Jitsu</p>	<p><b>6:30 pm</b> Pro Rounds</p>		<p><b>1:00 pm</b> No-Gi Advanced</p>
<p><b>6:30 pm - 7:00 pm</b> Gi Fundamentals</p>	<p><b>7:30 pm - 8:30 pm</b> Kickboxing/Muay Thai</p>	<p><b>6:30 pm - 7:00 pm</b> Gi Fundamentals</p>	<p><b>7:30 pm - 8:30 pm</b> Kickboxing/Muay Thai</p>			
<p><b>7:00 pm - 8:00 pm</b> Gi Jiu-Jitsu</p>	<p><b>8:00 pm - 8:30 pm</b> MMA Striking</p>	<p><b>7:00 pm - 8:00 pm</b> Gi Jiu-Jitsu</p>	<p><b>8:00 pm - 8:30 pm</b> MMA Ground Top</p>			
<p><b>8:00 pm - 8:30 pm</b> MMA Submissions</p>	<p><b>8:30 pm - 9:00 pm</b> MMA Taekwdowns</p>		<p><b>8:30 pm - 9:00 pm</b> MMA Cagework</p>			
<p><b>8:30 pm - 9:00 pm</b> MMA Cagework</p>	<p><b>9:00 pm</b> Live Situations</p>		<p><b>9:00 pm</b> Live Situationals</p>			
<p><b>9:00 pm</b> Live Situationals</p>						