

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am -6:30 am Early Riser Open Mat			9:00 am -10:00am Adult Gi		
10:00 am - 11:00 am First Responder Class					10:30 am - 11:30 am Youth Gi	10:00 am - 12:00 pm Striking
12:00 pm - 1:00 pm All Levels No Gi BJJ		12:00 pm - 1:00 pm All Levels No Gi BJJ	12:00pm - 1:00pm All Levels No Gi BJJ	12:00 pm - 1:00 pm All Levels No Gi BJJ	11:30 am - 12:30 pm Adult No-Gi Takedowns	
4:00 pm - 6:00 pm Lift/Drill/Condition (members only)	4:00 pm - 6:00 pm Lift/Drill/Condition (members only)	4:00 pm - 6:00 pm Lift/Drill/Condition (members only)	4:00 pm - 6:00 pm Lift/Drill/Condition (members only)	4:00 pm - 6:00 pm Lift/Drill/Condition (members only)	4:00 pm - 6:00 pm Lift/Drill/Condition (members only)	4:00 pm - 6:00 pm Lift/Drill/Condition (members only)
6:00 pm - 7:30 pm Adult Gi		6:00 pm - 7:30 pm Adult Gi BJJ	4:30 pm - 5:30 pm Youth wrestling	6:00 pm - 7:30 pm Open Mat		
6:00 pm - 7:00 pm Youth No-Gi	6:00 pm - 7:30 pm Adult No-Gi	6:00 pm - 7:00 pm Youth No-Gi	6:00 pm - 7:30 pm Adult No-Gi			
7:30 pm - 8:30 pm Striking	7:30 pm - 8:30 pm Striking	7:30 pm - 8:30 pm Striking	7:30 pm - 8:30 pm Striking			