

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
Private Lessons	Private Lessons	Private Lessons	Private Lessons	6:00am No Gi Sparring		9:30am Capicio Karate	9:00am Hup Ging Do Wushu
12:00pm No Gi Workshops	Private Lessons	12:00pm All Levels Alternating Jiu-jitsu/No Gi	Private Lessons	Private Lessons		12:00pm Kids Jiu-jitsu Workshop Ages 8+	Closed
4:15pm Kids Ages 5-8	Private Lessons	4:15pm Kids Ages 5-8	Private Lessons			1:00pm All Levels Jiu-jitsu	
5:00pm Kids Ages 8+	5:00pm Kids Ages 5-8	5:00pm Kids Ages 8+	5:00pm Kids Ages 5-8			2:00pm Open Mat	
5:45pm MMA Fundamentals	5:45pm Kids Ages 8+	5:45pm All Levels MMA	5:45pm Kids Ages 8+	5:30pm Advanced MMA			
6:30pm No Gi Fundamentals	6:30pm Jiu-jitsu Fundamentals	6:30pm All Levels No Gi	6:30pm All Levels Jiu-jitsu	6:30pm Open Mat		Closed	