



TIME/DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM - 6:00 AM	FUNDAMENTAL JIU JITSU	FUNDAMENTAL JIU JITSU		FUNDAMENTAL JIU JITSU	FUNDAMENTAL JIU JITSU	
10:00 AM - 11:00 AM						- YOUTH JIU JITSU - WOMEN ONLY JIU JITSU
12:00 PM - 1:00 PM	- ALL LEVELS JIU JITSU - ALL LEVELS KICKBOXING	ALL LEVELS JIU JITSU	- ALL LEVELS JIU JITSU - ALL LEVELS KICKBOXING	ALL LEVELS JIU JITSU	- ALL LEVELS JIU JITSU - ALL LEVELS KICKBOXING	- ALL LEVELS KICKBOXING - OPEN MAT
4:30 PM - 5:00 PM	TAEKWONDO 4-6 YRS		TAEKWONDO 4-6 YRS			
5:00 PM - 6:00 PM	BEGINNER TAEKWONDO	- INTERIM TAEKWONDO - YOUTH JIU JITSU - WOMEN ONLY JIU JITSU	BEGINNER TAEKWONDO	- INTERIM TAEKWONDO - YOUTH JIU JITSU - WOMEN ONLY JIU JITSU	ALL LEVELS TAEKWONDO	
5:30 PM - 6:15 PM	- FUNDAMENTAL JIU JITSU - FUNDAMENTAL KICKBOXING	-FUNDAMENTAL JIU JITSU - FUNDAMENTAL KICKBOXING - HD WRESTLING CLUB	- FUNDAMENTAL JIU JITSU - FUNDAMENTAL KICKBOXING	- FUNDAMENTAL JIU JITSU - FUNDAMENTAL KICKBOXING - HD WRESTLING CLUB	-FUNDAMENTAL JIU JITSU - FUNDAMENTAL KICKBOXING - HD WRESTLING CLUB	
6:15 PM - 7:15 PM	- ALL LEVELS JIU JITSU - ALL LEVELS KICKBOXING	- ADVANCED/COMPETITION JIU JITSU (APPROVED MEMBERS ONLY) - ALL LEVELS KICKBOXING	- ALL LEVELS JIU JITSU - ALL LEVELS KICKBOXING	- ADVANCED/COMPETITION JIU JITSU (APPROVED MEMBERS ONLY) - ALL LEVELS KICKBOXING	- ALL LEVELS JIU JITSU - ALL LEVELS KICKBOXING	

