



Hard Drive Schedule (Mat A, B or C)

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM - 5:50 AM	Fundamental Jiu Jitsu (B)	Fundamental Jiu Jitsu (B)		Fundamental Jiu Jitsu (B)	Fundamental Jiu Jitsu (B)	
6:00 AM - 10:00 AM	Coach COJO Members Open Gym	Coach COJO Members Open Gym	Coach COJO Members Open Gym	Coach COJO Members Open Gym	Coach COJO Members Open Gym	Coach COJO Members Open Gym
10:00 AM - 10:50 AM						Womens Only BJJ (A)
12:00 PM - 1:00 PM	Fundamental Jiu Jitsu (B) Coach COJO Members Open Gym	Fundamental Jiu Jitsu (B) Coach COJO Members Open Gym	Fundamental Jiu Jitsu (B) Coach COJO Members Open Gym	Fundamental Jiu Jitsu (B) Coach COJO Members Open Gym	Coach COJO Members Open Gym	Intermediate Kickboxing (A)
4:30 PM - 5:30 PM	Taekwondo 4-7 yrs (C)		Taekwondo 4-7 yrs (C)		Taekwondo 4-7 yrs (C)	
5:00 PM - 5:50 PM	Taekwondo 7-12 yrs (C)	Taekwondo 12+ yrs (C) Womans Only BJJ (A)	Taekwondo 7-12 yrs (C)	Taekwondo 12+ yrs (C) Womans Only BJJ (A)	All ages Taekwondo (C)	
5:00 PM - 5:30 PM	BJJ 4-7 yrs (B)	BJJ 4-7 yrs (B)		BJJ 4-7 yrs (B)	BJJ 4-7 yrs (B)	
5:30 PM - 6:15 PM	BJJ 8-14 yrs (B)	BJJ Youth Comp. No Gi (B)	BJJ 8-14 yrs (B)	BJJ Youth Comp. Gi (B)	BJJ 8-14 yrs (B)	
6:00 PM - 6:45 PM	Fundamental Jiu Jitsu (C) Fundamental Kickboxing (A)	Fundamental Jiu Jitsu (C) Fundamental Kickboxing (A)	Fundamental Jiu Jitsu (C) Fundamental Kickboxing (A)	Fundamental Jiu Jitsu (C) Fundamental Kickboxing (A)	Fundamental Jiu Jitsu (C) Fundamental Kickboxing (A)	
6:50 PM - 10:00 PM	Coach COJO Members Open Gym	Coach COJO Members Open Gym	Coach COJO Members Open Gym	Coach COJO Members Open Gym	Coach COJO Members Open Gym	
6:45 PM - 7:45 PM		Intermediate Kickboxing (A)		Intermediate Kickboxing (A)		
6:50 PM - 7:50 PM	Intermediate Jiu Jitsu (C)	Adult Competition Jiu Jitsu (B)	Intermediate Jiu Jitsu (C)	Adult Competition Jiu Jitsu (B)	Intermediate Jiu Jitsu (C)	
7:45 PM - 8:45 PM		Close Practice (Sherzer/Koch/Scriven) (B)	Close Practice (Sherzer/Koch/Scriven) (B)		Close Practice (Sherzer/Koch/Scriven) (B)	