

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
6.30 - 7.30 am JIU JITSU	6.30 - 7.30 am FUNCTIONAL TRAINING	6.30 - 7.30 am JIU JITSU	6.30 - 7.30 am FUNCTIONAL TRAINING	6.30 - 7.30 am NO GI SUBMISSION WRESTLING		CLOSED				
					8 - 9 am FUNCTIONAL TRAINING					
					9 - 10 am THAI BOXING					
					10 am - 5 pm PRIVATES					
					7.30 am - 4 pm PRIVATES		7.30 am - 12 pm PRIVATES	7.30 am - 12 pm PRIVATES	7.30 am - 4 pm PRIVATES	
										12 - 1 pm JIU JITSU
1 - 5 pm PRIVATES	1 - 4 pm PRIVATES									
4 - 4.30 pm JUNIORS 4-7 yrs	4 - 4.30 pm JUNIORS 4-7 yrs	4 - 4.30 pm JUNIORS 4-7 yrs	4 - 4.30 pm JUNIORS 4-7 yrs							
4.30 - 5.20 pm KIDS 7-11 yrs	5 - 6 pm NO GI SUBMISSION WRESTLING	4.30 - 5.20 pm KIDS 7-11 yrs	5 - 6 pm NO GI SUBMISSION WRESTLING	4.30 - 5.20 pm KIDS 7-11 yrs	5 - 6.30 pm JIU JITSU COMPETITION TRAINING					
5.20 - 6.20 pm TEENS 11-15 yrs	6 - 7 pm FUNCTIONAL TRAINING	5.20 - 6.20 pm TEENS 11-15 yrs	6 - 7 pm FUNCTIONAL TRAINING	5.20 - 6.20 pm TEENS 11-15 yrs						
6.20 - 7.20 pm JIU JITSU BEGINNER	7 - 8 pm THAI BOXING BEG / INT	6.20 - 7.20 pm JIU JITSU BEGINNER	7 - 8 pm THAI BOXING BEG / INT	6.20 - 7.30 pm JIU JITSU	CLOSED					
7.20 - 8.30 pm JIU JITSU INT / ADV	8 - 9 pm THAI BOXING INT / ADV	7.20 - 8.30 pm JIU JITSU INT / ADV	8 - 9 pm THAI BOXING INT / ADV	7.30 - 8.30 pm THAI BOXING						