	Mat 1						
SUN	MON	TUES	WED	THURS	FRI	SAT	
6:00 AM	Open mat-BJJ	1023	BJJ no gi-all levels	THORO	BJJ gi all levels	UA1	
7:00 AM							
8:00							
8:30 AM							
9:00 AM 9:30 AM							
10:00 AM BJJ kids all ages						Women's BJJ	BJJ ALL LEVELS
11:00 AM Open Mat						Open Mat	KIDS All LEVELS
12:00 PM		BJJ Gi all levles	PRO TRAINING- BJJ (blue belt and up)	BJJ No gi-all levels	BJJ Gi- all levels		KIDS GREY BELT AND UP
1:00 PM							WOMEN ONLY
2:00 PM 3:00 PM							FUNDAMENTALS JUST SPARRING
4:00 PM					Open Mat		BLUE AND UP
5:00 PM					Сретина		KRAV LEVEL 1
5:30 PM	Kids BJJ		BJJ kids	Kids BJJ			KRAV LEVEL 2
5:45 PM							BJJ 101
6:00 PM 6:15 PM	Kids BJJ Advanced no gi ages 8-12 and kids striking all ages			Kids BJJ Adv gi(GREY AND UP) ages 8-11 and kids striking all ages	Krav Maga		MUAY THAI
6:30 PM	kids BJJ Advanced no gi ages 6-12 and kids striking all ages	BJJ Fundamentals	BJJ Fundamentals	Rids BJJ Adv gi(GRET AND OP) ages 6-11 and kids striking all ages			
7:00 PM	BJJ Fundamentals all levels- No Gi	Doc . unuamentais	- unuamontais	BJJ Advanced			
7:15 PM		BJJ Adv/ Comp-3 stripe white and up	BJJ No Gi -all levels				
7:30 PM							
7:45 PM	BJJ No gi- Advanced			BJJ Fundamentals			
8:00 PM 8:30 PM	Open mat/rolle 1 hour	Open mat/rolls 1 hour Open mat/rolls 1 hour	Open mat/rolls 1 hour Open mat/rolls 1 hour	Open meticalle 1 hour		+	
9:00 PM	Open mat/rolls 1 hour Open mat/rolls 1 hour	Open maurons i nour	Open maurons i noti	Open mat/rolls 1 hour Open mat/rolls 1 hour		 	
				7.000			
	Mat 2						
SUN	MON	TUES	WED	THURS	FRI	SAT	
6:00 AM 7:00 AM							
8:00							
8:30 AM	Krav Maga		Krav Maga		Krav Maga		
8:30 AM 9:00 AM	Krav Maga		Krav Maga		Krav Maga		
9:00 AM 9:30 AM	Krav Maga		Krav Maga		Krav Maga		BJJ ALL LEVELS
9:00 AM 9:30 AM 10:00 AM BJJ 101	Krav Maga		Krav Maga		Krav Maga	Muay Thai	KIDS All LEVELS
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI	Krav Maga		Krav Maga		Krav Maga	Muay Thai KRAV LEVEL 1	KIDS All LEVELS KIDS GREY BELT AND UP
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM	Krav Maga		Krav Maga		Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AII LEVELS KIDS GREY BELT AND UP WOMEN ONLY
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM	Krav Maga		Krav Maga		Krav Maga	Musy Thai KRAV LEVEL 1	KIDS AII LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM	Krav Maga		Krav Maga		Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AIL LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 2:00 PM 3:00 PM 4:00 PM	Krav Maga		Krav Maga		Krav Maga	Musy Thai KRAV LEVEL 1	KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM					Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AIL LEVELS WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2
9:00 AM 9:30 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 5:30 PM	Krav Maga		Krav Maga	BJJ 101	Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 4:00 PM 4:00 PM 5:00 PM 6:00 PM	Kids 8-12		Kids 8-14		Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AIL LEVELS WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2
9:00 AM 9:30 AM 10:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 5:30 PM		Muay Thai		BJJ 101 Women's BJJ	Krav Maga	Musy Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 6:00 PM 6:00 PM 6:15 PM 6:30 PM 7:00 PM	Kids 8-12 Krav Maga		Kids 8-14 Krav Maga	Women's BJJ	Krav Maga	Musy Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 5:30 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM	Kids 8-12	Muay Thai KRAV LEVEL 2	Kids 8-14		Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM 12:00 PM 1:00 PM 2:00 PM 4:00 PM 4:00 PM 5:30 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM	Kids 8-12 Krav Maga		Kids 8-14 Krav Maga	Women's BJJ	Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 6:00 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 PM	Kids 8-12 Krav Maga		Kids 8-14 Krav Maga	Women's BJJ	Krav Maga	Musy Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM 12:00 PM 1:00 PM 2:00 PM 4:00 PM 4:00 PM 5:30 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM	Kids 8-12 Krav Maga		Kids 8-14 Krav Maga	Women's BJJ	Krav Maga	Musy Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS AI LEVELS WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 6:00 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 PM	Kids 8-12 Krav Maga		Kids 8-14 Krav Maga	Women's BJJ	Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 6:00 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 PM	Kids 8-12 Krav Maga Muay Thai		Kids 8-14 Krav Maga	Women's BJJ	Krav Maga	Muay Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS AI LEVELS WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 6:00 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 PM	Kids 8-12 Krav Maga Muay Thai		Kids 8-14 Krav Maga	Women's BJJ	Krav Maga	Musy Thai KRAV LEVEL 1	KIDS AI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 6:00 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 PM	Kids 8-12 Krav Maga		Kids 8-14 Krav Maga	Women's BJJ		Musy Thai KRAV LEVEL 1	KIDS ARI LEVELS WIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101 MUAY THAI
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM BJJ 101 11:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 5:30 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:30 PM 9:00 PM	Kids 8-12 Krav Maga Muay Thai	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai		KRAV LEVEL 1	KIDS ARE VELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101 MUAY THAI
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 5:30 PM 6:30 PM 6:30 PM 7:30 PM 7:30 PM 8:30 PM 7:30 PM 8:30 PM 9:00 PM 8:30 PM 7:30 PM 8:30 PM 7:30 PM 8:30 PM 9:00 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS AN LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV THAI MUAY THAI Krav Fit Challenge BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 5:30 PM 6:00 PM 6:15 PM 6:30 PM 7:00 PM 8:00 PM 8:00 PM 9:00 PM 8:00 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS ARE VELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV LEVEL 2 BJJ 101 MUAY THAI
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 6:15 PM 6:30 PM 7:00 PM 7:30 PM 8:30 PM 9:00 PM 8:30 PM 8:30 PM 8:30 PM 9:00 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS ARI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV FLEVEL 2 BJJ 101 MUAY THAI
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:30 PM 5:30 PM 6:30 PM 6:30 PM 7:30 PM 7:30 PM 8:30 PM 7:00 PM 9:00 PM 8:30 PM 9:00 PM 9:00 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS ARI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV FLEVEL 2 BJJ 101 MUAY THAI
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 5:30 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 8:00 PM 9:00 PM 8:30 PM 8:00 PM 8:30 PM 9:00 AM 9:00 AM 9:00 AM 9:00 AM 9:00 AM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS ARI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV FLEVEL 2 BJJ 101 MUAY THAI
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:30 PM 5:30 PM 6:30 PM 6:30 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM 9:00 PM 9:00 PM 9:00 PM 9:00 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS AN LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV THAI MUAY THAI Krav Fit Challenge BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 4:00 PM 5:00 PM 5:00 PM 6:00 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:00 PM 8:30 PM 7:00 PM 8:30 PM 9:00 AM 9:00 AM 9:00 AM 1:00 AM 11:00 AM 11:00 AM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS AN LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV THAI MUAY THAI Krav Fit Challenge BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 6:15 PM 6:30 PM 7:00 PM 7:30 PM 8:30 PM 9:00 AM 7:00 AM 1:100 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS AN LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV THAI MUAY THAI Krav Fit Challenge BJJ 101
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:30 PM 6:30 PM 6:30 PM 7:00 PM 7:30 PM 8:00 PM 9:00 PM 9:00 PM 9:00 PM 9:00 AM 1:00 AM 1:00 AM 11:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS ARI LEVELS KIDS GREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV FLEVEL 2 BJJ 101 MUAY THAI
9:00 AM 9:30 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:10 PM 6:15 PM 6:30 PM 7:30 PM 7:30 PM 7:30 PM 8:00 PM 8:30 PM 9:00 PM 8:30 PM 9:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 11:00 PM 2:00 PM 1:00 PM 2:00 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS ARI LEVELS WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV FIL KAW FI
9:00 AM 9:30 AM 10:00 AM BJJ 101 11:00 AM BJJ 101 11:00 AM MUAY THAI 12:00 PM 1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:10 PM 6:30 PM 7:00 PM 7:30 PM 8:00 PM 8:00 PM 9:00 PM 8:00 PM 9:00 PM 9:00 AM 9:00 AM 9:30 AM 11:00 AM 11:00 AM 11:00 AM 11:00 AM 12:00 PM 1:00 PM 2:00 PM	Kids 8-12 Krav Maga Muay Thai Mat 3 MON	KRAV LEVEL 2	Kids 8-14 Krav Maga Muay Thai	Women's BJJ Muay Thai	FRI	KRAV LEVEL 1	KIDS ARI LEVELS WINDS AREY BELT AND UP WOMEN ONLY FUNDAMENTALS JUST SPARRING BLUE AND UP KRAV LEVEL 1 KRAV FLEVEL 1 MUAY THAI

5:30 PM	Krav Fitness	Krav Fitness	BJJ 101	Krav Fitness	
6:00 PM					
6:15 PM					
6:30 PM		Challenge	Krav Maga		
7:00 PM					
7:30 PM					
8:00 PM					
8:30 PM					
9:00 PM					