

FULL SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-8:15AM	ALL LEVELS JIU JITSU	ALL LEVELS JIU JITSU	ALL LEVELS JIU JITSU	ALL LEVELS JIU JITSU	ALL LEVELS JIU JITSU	
11-12PM	STRENGTH & CONDITIONING 11:15-12				STRENGTH & CONDITIONING 11:15-12	KIDS + PARENTS
12-1:30PM						ALL LEVELS JIU JITSU
4-4:45PM	KIDS JJ 4-8YO		KIDS JJ 4-8YO		KIDS JJ 4-8YO	KICKBOXING 1:30-3
4:45-5:45PM	KIDS JJ 9-12YO	KIDS KBOX 9-12YO	KIDS JJ 9-12YO	KIDS KBOX 9-12YO	KIDS JJ 9-12YO	
6-7:30PM	FUNDAMENTALS JIU JITSU	FUNDAMENTALS JIU JITSU	FUNDAMENTALS JIU JITSU	FUNDAMENTALS JIU JITSU	ALL LEVELS Jiu Jitsu	
6-7:30PM		KICKBOXING		KICKBOXING		
7:30-9PM	PRO/COMP TRAINING	TAKEDOWNS	ADVANCED JIU JITSU	OPEN MAT		