

**Monday**

**6-7 PM** Beginner /  
Fundamental BJJ

**7-8:30 PM**  
No Gi BJJ

Tuesday	Wednesday	Thursday	Friday
6-7 PM Beginner / Fundamental BJJ	6-7 PM Judo		6-7 PM 'Fight Night' (Free Rolling)
7-8:30 PM Advanced BJJ	7-8:30 PM Advanced BJJ		7-8 PM Beginner / Fundamental BJJ

Saturday	Sunday
	8-9:30 AM Open Mat
11 AM - 12:30 PM No Gi	