

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
BJJ Intermediate 6:45 AM	MUAY THAI Basic 6:45 AM	BJJ Basic 6:45 AM		BJJ Intermediate 6:45 AM	BOXING Basic 6:45 AM	BJJ Basic 6:45 AM		BJJ Intermediate 6:45 AM	MUAY THAI Basic 6:45 AM	LITTLE WARRIORS (Ages 4-5) 9:15 AM - 10 AM		LITTLE WARRIORS (Ages 4-5) 9:15 AM - 10 AM	
BJJ Basic 7:45 AM	BOXING Basic 7:45 AM	BJJ Intermediate 7:45 AM		BJJ Basic 7:45 AM	MUAY THAI Basic 7:45 AM	BJJ Intermediate 7:45 AM		BJJ Basic 7:45 AM	MUAY THAI Intermediate 7:45 AM	MEDIUM MONSTROS (Ages 6-8) 10:00 AM	FaMA FIT 10:00 AM	MEDIUM MONSTROS (Ages 6-8) 10:00 AM	
		BJJ NO-GI Intermediate 11:15 AM	FaMA FIT 11:15 AM			BJJ NO-GI Intermediate 11:15 AM	FaMA FIT 11:15 AM			JUNIOR CHAMPIONS (Ages 9-15) 11:00 AM	LITTLE TIGERS (Ages 4-7) 11 AM - 11:45 AM	JUNIOR CHAMPIONS (Ages 9-15) 11:00 AM	
BJJ Intermediate 12:15 PM	MUAY THAI Basic 12:15 PM	BJJ Basic 12:15 PM	BOXING Basic 12:15 PM	BJJ Intermediate 12:15 PM	MUAY THAI Basic 12:15 PM	BJJ Basic 12:15 PM	MUAY THAI Basic 12:15 PM	BJJ Intermediate 12:15 PM		JUNIOR TIGERS (Ages 8-15) 12:00 PM			
BJJ Basic 1:15 PM	MUAY THAI Intermediate + Padwork/Clinch 1:15 PM	BJJ Sparring 1:15 PM		BJJ Basic 1:15 PM	MUAY THAI Intermediate + Padwork/Clinch 1:15 PM	BJJ Theory of JJ 1:15 PM		BJJ Basic 1:15 PM		BJJ Basic 12:30 PM		BJJ Basic 12:30 PM	BJJ NO-GI Sparring 12:30 PM
LITTLE WARRIORS (Ages 4-5) 4:15 - 5:00 PM	LITTLE WARRIORS (Ages 4-5) 4:15 - 5:00 PM	JUNIOR TIGERS (Ages 8-15) 4:15 - 5:15 PM		LITTLE WARRIORS (Ages 4-5) 4:15 - 5:00 PM		LITTLE WARRIORS (Ages 4-5) 4:15 - 5:00 PM	JUNIOR TIGERS (Ages 8-15) 4:15 - 5:15 PM	LITTLE WARRIORS (Ages 4-5) 4:15 - 5:00 PM		BJJ NO-GI Intermediate 1:30 PM - 3 PM	MUAY THAI Basic & Sparring 1:30 PM - 3 PM	BJJ Theory of JJ 1:30 PM - 3 PM	
MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM		MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM		MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM		NO-GI MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM		MEDIUM MONSTROS/ JUNIOR CHAMPIONS (Ages 6-15) 5:15 PM					
BJJ Basic 6:30 PM		BJJ Intermediate 6:30 PM - 8 PM	MUAY THAI Basic & Sparring 6:30 PM - 8 PM	BJJ Basic 6:30 PM		BJJ NO-GI Intermediate 6:30 PM - 8 PM	MUAY THAI Basic & Sparring 6:30 PM - 8 PM	BJJ Basic 6:30 PM	BOXING Basic 6:30 PM				
BJJ Intermediate 7:30 PM - 9 PM		BJJ NO-GI Basic 8:00 PM		BJJ NO-GI Intermediate 7:30 PM - 9 PM		BJJ NO-GI Basic 8:00 PM		BJJ NO-GI Sparring 7:30 PM	MUAY THAI Basic & Sparring 7:30 PM - 9 PM				

CLASS LEVELS
(All classes are 1hr unless stated)
BJJ Basic - All Levels
BJJ Intermediate - 1 Stripe +
Theory of JJ - 1 Stripe +
No-Gi Basic - All Levels
No-Gi Intermediate - 1 Stripe +
No-Gi Sparring - 1 Stripe +
MT Basic - All Levels
MT Intermediate - Grade 1 +
Boxing Basic - All Levels