

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals		11:00AM - 12:00PM Adult BJJ Fundamentals	10:30AM - 11:30AM Adult BJJ Fundamentals	10:00AM - 11:30AM Open Training
12:00PM Open Training		12:00PM Open Training		12:00PM Open Training	11:30AM - 1:00PM Open Training	
4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Kids 2	4:00PM - 4:45PM Kids 1	4:00PM - 4:45PM Little Champs		
5:00PM - 5:45PM Pre-Teens	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Pre-Teens	5:00PM - 5:45PM Kids 3	5:00PM - 5:45PM Pre-Teens		
6:00PM - Women ONLY	6:00PM - 7:00PM Adult BJJ Fundamentals	6:00PM - 7:00PM Stand and Drill	6:00PM - 7:00PM Adult BJJ Fundamentals			
6:45PM - 7:30PM Open Training	7:00PM - 8:00PM Striking Program	7:00PM - 8:00PM Adult No Gi Fundamentals	7:00PM - 8:00PM Open Training			
7:30PM - 8:30PM Adult BJJ Advanced	8:00PM - 9:30PM Adult BJJ Sport	8:00PM - 9:00PM Adult BJJ Fundamentals	8:00PM - 9:30PM Adult BJJ Sport			

Little Champs	3 - 4 years old
Kids 1	5 - 6 years old
Kids 2	7 - 8 year old
Kids 3	9 - 10 years old
Pre-Teens	11 - 14 year old

BJJ Fundamentals	No experience
Add-ons	No experience
Open Training	White Belt 2 stripes
BJJ Sport	White Belt 4 stripes
BJJ Advanced	Blue Belt 2 stripes