

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00 - 3:00 PM							
5:00 - 6:00 PM	Kids Jiu Jitsu No-Gi (Ages 7-16)	Strength and Conditioning	Kids Jiu Jitsu (Ages 7-16 only)		Strength and Conditioning		
5:00 - 7:00 PM				Adults/Kids Kickboxing			
5:30 - 6:30 PM							
6:00 - 7:00 PM	Kids and Adults Advanced MMA	Adult/Kids Kickboxing	Kids and Adults Advanced MMA		Kids and Adults Advanced MMA		
6:00 - 7:30 PM							
6:30 - 7:30 PM							