

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00am						Kids Group A & B BJJ (Age 5-9)	
10:00am	BJJ - Fundamentals	BJJ - Open Mat - Adult Members Only	BJJ - Fundamentals	BJJ - Open Mat - Adult Members Only	BJJ - Open Mat - Adult Members Only	Kids Group C - BJJ (Age 10-14)	BJJ - Open Mat - Adult Members Only
11:00am						Adult - BJJ	
12:00pm							
1:00pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm	Kids Group A - BJJ (5:15pm) (Age 4-6)	Kids Group B - BJJ (Age 7-9)	Kids Group A - NOGI (5:15pm) (Age 4-6)	Kids Group B - NOGI (Age 7-9)			
6:00pm	Kids Group C - BJJ (Age 10-14)	Adult - BJJ Fundamentals	Kids Group C - NOGI (Age 10-14)	Adult - BJJ Fundamentals	BJJ - Open Mat - Adult Members Only		
7:00pm	Adult - BJJ	Adult - NOGI	Adult - BJJ	Adult - NOGI			
8:00pm							