

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00 - 07:00					RSK STRENGTH & CONDITIONING		
07:00 - 08:00	RSK STRENGTH & CONDITIONING	JIU JITSU ALL LEVELS	RSK STRENGTH & CONDITIONING	JIU JITSU ALL LEVELS			
09:00 - 10:00							
09:30 - 10:30	WOMEN'S CLASS		WOMEN'S CLASS		WOMEN'S CLASS	KIDS 5-7 ALL LEVELS	
10:00 - 11:00							RSK STRENGTH & CONDITIONING
10:30 - 11:30						KIDS 8-12 BEGINNERS	
11:00 - 12:30							FREESTYLE WRESTLING
11:30 - 12:30						KIDS ADVANCED	
12:15 - 13:15	JIU JITSU ALL LEVELS	BJJ NO GI	JIU JITSU ALL LEVELS	BJJ NO GI	JIU JITSU ALL LEVELS		
13:00 - 14:30						STRIKING FOR MMA	
14:30 - 16:00						OPEN MAT	OPEN MAT
16:30 - 17:30		KIDS 5-7 ALL LEVELS		KIDS 5-7 ALL LEVELS			
17:00 - 18:00	MMA TEENS		MMA TEENS		MMA TEENS		
17:30 - 18:30		KIDS 8-12 ALL LEVELS		KIDS 8-12 ALL LEVELS			
18:00 - 19:00	JIU JITSU BEGINNERS		MUAY THAI BEGINNERS		BJJ MIXED		
18:30 - 20:00		MUAY THAI ALL LEVELS		MUAY THAI ALL LEVELS			
19:00 - 20:00	MUAY THAI BEGINNERS		FREESTYLE WRESTLING		MUAY THAI SPARRING		
20:00 - 21:30	JIU JITSU GI TEAM	JIU JITSU NO GI TEAM	JIU JITSU GI TEAM	JIU JITSU NO GI TEAM			