

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00 - 07:00					RSK CONDITIONING		
07:00 - 08:00	RSK CONDITIONING	JIU JITSU ALL LEVELS	RSK CONDITIONING	JIU JITSU ALL LEVELS			
09:00 - 10:00							YOGA FOR GRAPPLERS
09:30 - 10:30						KIDS 5-7 ALL LEVELS	
10:00 - 11:00							RSK CONDITIONING
10:30 - 11:30						KIDS 8-12 BEGINNERS	
11:00 - 12:30							FREESTYLE WRESTLING
11:30 - 12:30						KIDS 8-12 ADVANCED	
12:15 - 13:15	JIU JITSU ALL LEVELS	NO GI ALL LEVELS	JIU JITSU ALL LEVELS	NO GI ALL LEVELS	JIU JITSU ALL LEVELS		
13:00 - 14:00						STRIKING	
14:30 - 16:00						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	STRIKING		STRIKING		NO GI ALL LEVELS		STRIKING
18:30 - 20:00		JIU JITSU ALL LEVELS		JIU JITSU ADVANCED			
19:00 - 20:00	MUAY THAI BEGINNERS		MUAY THAI BEGINNERS		MUAY THAI SPARRING		
20:00 - 21:30	JIU JITSU BEGINNERS	MUAY THAI ALL LEVELS	JIU JITSU BEGINNERS	MUAY THAI ALL LEVELS	MASTRO SELF DEFENSE		