

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:15 am All Ranks BJJ (mat 1)	6:00 - 7:15 am All Ranks BJJ (mat 1)	6:00 - 7:15 am All Ranks BJJ (mat 1)	6:00 - 7:15 am All Ranks BJJ (mat 1)	5:30 - 7:00 pm Warriors Comp (mat 1)	9:00 am - 12:00 pm Advanced Comp (mat 2)	
11:15 am - 12:30 pm All Ranks BJJ		11:15 am - 12:30 pm All Ranks No-Gi (mat 2)	10:30 - 11:30 am Essentials 1 BJJ (mat 1)	6:00 - 7:15 pm Essentials 2 BJJ (mat 2)	10:00 - 11:30 am All Ranks BJJ (mat 1)	
			11:15 am - 12:30 pm Black Belt Mastery (mat 2)		11:45 am - 12:30 pm Youth Striking (mat 1)	
5:30 - 6:30 pm Jr Warriors (mat 2)	5:30 - 6:15 pm Little Warriors (mat 1)	5:30 - 6:30 pm Jr Warriors (mat 2)	5:30 - 6:15 pm Little Warriors (mat 1)		12:30 - 1:45 pm Jr Warriors Drills/Review (mat 1)	
6:00 - 7:00 pm Essentials 2 BJJ (mat 1)	5:30 - 6:30 pm Kids Take Down (mat 2)	6:00 - 7:00 pm Essentials 1 BJJ (mat 1)	6:00 - 7:00 pm Essentials 1 BJJ (mat 2)			1:15 - 2:15 pm All Ranks BJJ (mat 2)
6:45 - 8:15 pm Essentials 2 BJJ (mat 2)	6:45 - 8:15 pm Take Down (mat 2)	7:00 - 8:45 pm Timeless BJJ (mat 2)	6:30 - 8:00 pm MMA (mat 1)			2:15 - 3:30 pm Open Mat (mat 2)
7:00 - 8:45 pm BB Mastery No Gi (mat 2)	7:00 - 8:30 pm Boxing (mat 1)	7:15 - 8:15 pm Essential Muay Thai (mat 1)	7:00 - 8:30 pm Open Mat/ Curriculum Review (mat 2)			
7:15 - 8:15 pm Essentials Muay Thai (mat 1)						