


Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am	MMA	Adult BJJ No-Gi	MMA	Adult BJJ No-Gi	MMA	
9am						MMA Open Mat
4pm		Womens BJJ		Womens BJJ		
5-6pm	Youth wrestling	Kids BJJ No-Gi	Youth wrestling	Kids BJJ Gi	<u>Competition Class</u> Kids BJJ No-Gi	
6-7pm	Adult BJJ - No Gi	Adult BJJ - Gi	Adult BJJ - No Gi	Adult BJJ - Gi	Adult BJJ - No Gi	
7-8pm	MMA	High School Wrestling	MMA	High School Wrestling	MMA	