

## **CLASS SCHEDULE**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am	MMA	Adult BJJ No-Gi	MMA	Adult BJJ No-Gi	MMA		
9am						MMA Open Mat	
5-6pm	Youth wrestling	Kids BJJ No-Gl	Youth wrestling	Kids BJJ No-Gl			
6-7pm	Adult BJJ – No GI	Adult BJJ – Gi	Adult BJJ – No Gl	Adult BJJ – Gi	Adult BJJ – No GI		
7-8pm	MMA	High School Wrestling	MMA	High School Wrestling	MMA	STRIKING A STRIKING	High School Wrestling