


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-Gi	Youth wrestling	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		High School Wrestling