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Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			Kickboxing				
7:00 AM			*Advanced*				
7:00 AM	Kickboxing	BJJ - GI	Kickboxing	BJJ - NO GI	Kickboxing		
8:00 AM	Fundamentals	All Levels	Fundamentals	All Levels	Fundamentals	9:00 - 10:00 AM	
9:30 AM	Kickboxing		Kickboxing		Kickboxing	MMA - Jiu Jitsu	
11:00 AM	*Pro Team Training*		*Pro Team Training*		*Pro Team Training*	All Levels	
11:00 AM		MMA - Wrestling		MMA - Wrestling		MMA - Wrestling	
12:00 PM		All Levels		All Levels		Youth	
12:15 PM	BJJ - GI	Kickboxing	BJJ - NO GI	Kickboxing	BJJ - NO GI	MMA - Wrestling	Kickboxing
1:15 PM	Fundamentals	BJJ - NO GI	Fundamentals	BJJ - NO GI	Open Mat	All Levels	Fundamentals
2:00 PM		^Two seperate classes		^Two seperate classes		Kickboxing	BJJ - NO GI
3:00 PM						All Levels	All Levels
3:30 PM	MMA - Kids		MMA - Kids		MMA - Kids		
4:15 PM	Tikes		Tikes		Tikes		
4:30 PM	MMA - Kids	MMA - Jiu Jitsu - Kids	MMA - Kids	MMA - Jiu Jitsu - Kids	MMA - Kids		
5:15 PM	Youth	Youth	Youth	Youth	Youth		
6:00 PM	BJJ - GI	Kickboxing	MMA - Jiu Jitsu	Kickboxing	MMA - Jiu Jitsu		
7:00 PM	Fundamentals	All Levels	Fundamentals	All Levels	Fundamentals		
7:15 PM	Kickboxing	MMA	Kickboxing	MMA	Kickboxing		
8:15 PM	Fundamentals	Fundamentals	Fundamentals	Fundamentals	Fundamentals		
8:30 PM	Kickboxing	BJJ - GI	Kickboxing	BJJ - NO GI	Self Defense (Budokai)		
9:30 PM	*Advanced*	*Advanced*	*Advanced*	*Advanced*	All Levels		

*Advanced Kickboxing classes are by invitation only

*Advanced BJJ classes are Blue Belt and Up

Schedule subject to change