

WEEKLY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am - 9:55am Women's Jiu-Jitsu 13+ Y/O		6:30am - 7:30am Adult/Teen NoGi Jiu-Jitsu All Levels	6:30am - 7:30am Adult/Teen NoGi Jiu-Jitsu All Levels	6:30am - 7:30am Adult/Teen NoGi Jiu-Jitsu All Levels		9:00am - 9:55am Mini Gi Jiu-Jitsu All Levels
10:00am - 10:55am Adult/Teen NoGi Jiu-Jitsu All Levels	11:00am - 11:55am Adult/Teen MMA Invite Only	11:00am - 11:55am Adult/Teen MMA All Levels		11:00am - 11:55am Adult/Teen MMA All Levels		10:00am - 10:55am Mega Gi Jiu-Jitsu All Levels
11:00am - 11:55am Adult/Teen/JR - Tech MMA Invite Only						11:00am - 11:55am Adult/Teen NoGi Jiu-Jitsu Advanced
	4:15pm - 4:50pm Micro NoGi Jiu-Jitsu All Levels		4:15pm - 4:50pm Micro Gi Jiu-Jitsu All Levels		4:15pm - 4:50pm Micro NoGi Jiu-Jitsu All Levels	
	5:00pm - 5:50pm Mega Striking All Levels		5:00pm - 5:50pm Mini NoGi Jiu-Jitsu All Levels		5:00pm - 5:50pm Mini NoGi Jiu-Jitsu All Levels	
	5:00pm - 5:50pm Mega/Teen NoGi Jiu-Jitsu Advanced - Comp Class	5:00pm - 5:50pm Mega NoGi Jiu-Jitsu All Levels	5:00pm - 5:50pm Mega Striking All Levels	5:00pm - 5:50pm Mega/Teen NoGi Jiu-Jitsu All Levels	5:00pm - 5:50pm Mega Striking All Levels	
	5:15pm - 5:50pm Adult Gi Jiu-Jitsu Beginner	5:15pm - 5:50pm Adult/Teen Striking Technique/Pads - Beginner		5:15pm - 5:50pm Adult Gi Jiu-Jitsu Beginner		
	6:00pm - 6:55pm Adult/Teen NoGi Jiu-Jitsu All Levels	6:00pm - 6:55pm Adult/Teen NoGi Jiu-Jitsu All Levels	6:00pm - 6:55pm Adult/Teen Gi Jiu-Jitsu All Levels	6:00pm - 6:55pm Adult/Teen NoGi Jiu-Jitsu All Levels	6:00pm - 7:15pm Adult/Teen Jiu-Jitsu Open Mat - All Levels	
	6:00pm - 6:55pm Adult/Teen Striking Technique - All Levels	6:00pm - 6:55pm Adult/Teen Striking Pads - All Levels	6:00pm - 6:55pm Adult/Teen Striking Technique - All Levels	6:00pm - 6:55pm Adult/Teen Striking Pads - All Levels/Beginner		
	7:00pm - 8:30pm Adult/Teen NoGi Jiu-Jitsu Comp Class - Advanced	7:00pm - 7:55pm Adult/Teen NoGi Jiu-Jitsu Advanced	7:00pm - 7:55pm Adult/Teen NoGi Jiu-Jitsu Advanced	7:00pm - 8:30pm Adult/Teen MMA Sparring - Invite Only		
		8:00pm - 8:55pm Adult/Teen MMA Invite Only	8:00pm - 8:55pm Adult/Teen MMA Invite Only			

Free Trial



Liability Form

