



Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7:00AM - 8:00AM							CLOSED
9:00AM - 10:00AM						MMA	
9:00AM - 10:00AM						KIDS MUAY THAI (5-9YRS) & TEENS MUAY THAI (10-13YRS)	
10:00AM - 11:00AM						KIDS BJJ (5-9YRS) & TEENS BJJ (10-13YRS)	
10:00AM - 11:00AM						MUAY THAI ALL LEVELS	
11:00AM - 12:00PM						BJJ NO GI ALL LEVELS	
11:00AM - 12:00PM						MUAY THAI SPARRING	
12:00PM - 1:00PM	OPEN MAT	BJJ GI ALL LEVELS	OPEN MAT	BJJ GI ALL LEVELS	BJJ NO GI ALL LEVELS		
12:00PM - 1:00PM	MUAY THAI ALL LEVELS	OPEN MAT	MUAY THAI ALL LEVELS	OPEN MAT	MUAY THAI ALL LEVELS		
4:00PM - 5:00PM	KIDS BJJ (5-9YRS)	KIDS MUAY THAI (5-9YRS)	KIDS BJJ (5-9YRS)	KIDS MUAY THAI (5-9YRS)			
4:00PM - 5:00PM	TEENS BJJ (10-13YRS)	TEENS MUAY THAI (10-13YRS)	TEENS BJJ (10-13YRS)	TEENS MUAY THAI (10-13YRS)			
5:00PM - 6:00PM	KIDS MUAY THAI (5-9YRS)	KIDS BJJ (5-9YRS)	KIDS MUAY THAI (5-9YRS)	KIDS BJJ (5-9YRS)			
5:00PM - 6:00PM	TEENS MUAY THAI (10-13YRS)	TEENS BJJ (10-13YRS)	TEENS MUAY THAI (10-13YRS)	TEENS BJJ (10-13YRS)			
6:00PM - 7:00PM	BJJ GI ALL LEVELS	MMA	BJJ GI ALL LEVELS	BJJ NO GI ALL LEVELS			
6:00PM - 7:00PM				KIDS BJJ COMP CLASS	MUAY THAI ALL LEVELS		
6:00PM - 7:00PM	MUAY THAI FUNDAMENTALS	BJJ NO GI ALL LEVELS	MUAY THAI FUNDAMENTALS	MMA			
7:00PM - 8:00PM	BJJ GI INTERMEDIATE	BJJ GI ADVANCED	BJJ NO GI FUNDAMENTALS	BJJ COMP CLASS	OPEN MAT		
7:00PM - 8:00PM	MUAY THAI SPARRING	MUAY THAI FUNDAMENTALS	MUAY THAI SPARRING	MUAY THAI FUNDAMENTALS			
7:00PM - 8:00PM		MUAY THAI FIGHT TRAINING		MUAY THAI INTERMEDIATE			
8:00PM - 9:00PM	BJJ NO GI FUNDAMENTALS	BJJ GI FUNDAMENTALS	FEMALE BJJ GI	BJJ GI FUNDAMENTALS			
8:00PM - 9:00PM	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS	MUAY THAI ALL LEVELS			