

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Adult BJJ All Levels 6:00 AM - 7:15 AM		Adult BJJ All Levels 6:00 AM - 7:15 AM		
					Adult & Leadership Kids Training Rounds 10:00 AM - 12:00 PM
Adult BJJ All Levels 11:00 AM - 12:15 PM		Adult BJJ All Levels 11:00 AM - 12:15 PM			
Littles BJJ (4-6) 5:00 PM - 5:45 PM		Littles BJJ (4-6) 5:00 PM - 5:45 PM			
JR. Champions (7-13) 6:00 PM - 7:00 PM	Adult Essentials 6:00 PM - 7:00 PM	JR. Champions (7-13) 6:00 PM - 7:00 PM	Adult Essentials 6:00 PM - 7:00 PM	Women's Only Training 6:00 PM - 7:00 PM	
MMA/Kickboxing 16+ 6:00 PM - 7:00 PM	Leadership Kids No Gi 6:00 PM - 7:00 PM	MMA/Kickboxing 16+ 6:00 PM - 7:00 PM	Leadership Kids No Gi 6:00 PM - 7:00 PM		
Leadership Kids Comp Rounds 7:00 PM - 7:30 PM	Adult No Gi Grappling 7:00 PM - 8:30 PM	Leadership Kids Comp Rounds 7:00 PM - 7:30 PM	Adult No Gi Grappling 7:00 PM - 8:30 PM		
Adult BJJ All Levels 7:00 PM - 8:30 PM		Adult BJJ All Levels 7:00 PM - 8:30 PM			